JOYFULL
NEWES
1577
FRAMPTON

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¶ IOYFVLL NEVVES OVT OF

the newe founde worlde, wherein is *declared the rare and singuler vertues of diuerse* and sundrie Hearbes, Trees, Oyles, Plantes, and Stones, with *their aplications, aswell for Phisicke as Chirurgerie, the saied be*ying well applied bryngeth suche present remedie for all deseases, as maie seme altogether incredible: notwithstandyng by practize founde out, to bee true: Also the portrature of the saied Hearbes, very aptly discribed: Englished by Jhon Frampton *Marchaunt.*

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Anno Domini.

1577.

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¶ To the right worſhipfull Maiſter *Edvvarde Dier Eſquire, Jhon Frampton* wiſheth muche healthe, with proſperous and perfite felicitie.

Etournyng right vvorſhipfull, home into Englande out of Spaine, and novv not preſſed vvith the former toiles of my old trade. J to paſſe the tyme to ſome benefite of my coũtrie, and to auoyde idleneſſe: tooke in hande to tranſlate out of Spaniſhe into Engliſhe, the thre bookes of Doctour Monardes of Seuill, the learned Phiſition, treatyng of the ſinguler and rare vertues of certaine Hearbes, Trees, Oyles, Plantes, Stones, and Drugges of the VVeſte Jndias, for that the ſame booke is of high commendation in Spaine, and other countries, in ſuche ſorte, that in deede it might bryng in tyme rare profite, to my Countrie folkes of Englande, by vvonderfull cures of ſundrie greate deſeaſes, that otherviſe

vvise then by these remedies, thei vvere incurable. And hauyng finished the same translatiõ, I determined to dedicate my trauaill therein, to some rare louer of knovvledge, for the vvorthinesse of the vvoorke: and not findyng any Gentleman of myne acquaintaunce, that vvas more studious, and more delighted vvith learned vvorkes, or that more cherished trauellers, and louers of all good knovvledge: determined to dedicate the same to your vvorshippe before all others, requestyng your vvorshippe to accept the vvorke, and to bee a patron of the same, and to take it into your protection, since the matter is of good substaunce, and of muche value, and of me truely & faithfully translated into English. And since the afore saied Medicines mentioned in the same vvorke of Doctour Monardes, are novv by Marchauntes and others, brought out of the VVest Indias into Spaine, and from Spain hether into Englande, by suche as dooeth daiely trafficke thether, and that the excellencie of these Hearbes, Trees, Oyles, Plantes, and stones, &c. hath been knovven to bee so precious a remedie for all maner of deseases, and hurtes, that maie

happe

happe vnto Man, VVoman, or Childe, thei haue fledde verie muche from the olde order and maner of Phisicke, vvhiche vvas vsed before, that this vvas knovven, as thynges not so healthfull as these are, and by greate experience thereof in Spaine, and other Countries, throughly and effectuously proued, to dooe the effectes vvhiche is contained in this booke. And thus I leaue your vvorshippe to the Almightie, beseechyng hym to giue you longe life, and for the Common vvealthes sake that aduaunce-mente, that your good nature, and rare vertues doe vvel deserue. From London the first of October.

1577.

Your vvorshippes duryng life to commaunde Jhon Frampton.

THE FIRSE PARTE OF THIS BOOKE TREATETH OF

the thynges that are brought from the Occidentall Indias, whiche serueth for the vse of Medicine, and of the order that must bee kept in the taking of the roote called Mechoacan, *wherein are discouered greate secretes of Nature, and greate experiences, made and compiled by Doctor* Monardus, *Phisition of Seuill.*

IN the yere of our Lorde God, a thousande, fower hundreth ninetie twoo: our Spaniardes were gouerned by sir Christofer Colon, beeyng naturally borne of the countrie *Genoua*, for to discouer the Occidentall *Indias*, that is called at this daie, the newe worlde, and thei did discouer the firſt lande thereof, the xj. daie of October, of the saied yere, and from that tyme vnto this, thei haue discouered many and sundrie Ilandes, and muche firme Lande, as well in that countrie, whiche thei call the newe Spaine, as in that whiche is called the *Peru*, where there are many Prouinces, many Kyngdomes, and many Cities, that hath contrary and diuers customes in them, whiche there hath been founde out, thynges that neuer in these partes, nor in any other partes of the worlde hath been seen, nor vnto this daie knowen: and other thynges, whiche now are brought vnto vs in greate aboundaunce, that is to saie, Golde, Siluer, Pearles, Emeraldes, Turkeses, and other fine stones of greate value, yet greate is the excesse and quantitie that hath come, and euery daie doeth come, and in especiallie of Golde and Siluer: That it is a thyng of admiration, that

the greate number of Milleons, whiche hath come besides the greate quãtitie of Perles, hath filled the whole worlde, also thei doe bryng from that partes, Popingaies, Grekfous, Apes, Lions, Gerfaucons, and other kinde of Haukes, Tigers wolle, Cotton wolle, Graine to die colours with all, Hides, Sugars, Copper, Brasill, the woode *Ebano*, *Anill*: and of all these, there is so greate quantitie, that there commeth euery yere, one hundred Shippes laden thereof, that it is a greate thyng, and an incredle riches.

Medicines that our Occidentall Indias doeth sende vs.

And besides these greate riches, our Occidentall Indias doeth sende vnto vs many Trees, Plantes, Herbes, Rootes, Joices, Gummes, Fruites, Licours, Stones that are of greate medicinall vertues, in the whiche there bee founde, and hath been founde in them, verie greate effectes that doeth excede muche in value and price: All that afore saied, by so muche as the corporall healthe is more excellent, and necessarie then the temporall goodes, the whiche thynges all the worlde doeth lacke, the wante whereof is not a little hurtfull, accordyng to the greate profite which wee doe see, by the vse of them doeth followe, not onely in our Spaine, but in all the worlde.

Aristo.

And this is not to bee mervailed at, that it is so, for the Philosopher doeth saie, that all Countries doeth not giue Plantes and Fruites alike: for one Region yeldeth suche Fruites, Trees, and Plantes, as an other doeth not, wee doe see that in *Creta* onely groweth the *Diptamo*, and the Incence onely in the Region of *Saba*, and the *Almaciga* onely in Islande of *Chio*, and the Sinamom, Cloues, and Peper, and other spices onely in the Islandes of the *Maluca*, and many other thynges you haue in diuers partes of the worlde, whiche was not knowen vntill our tyme, and the people of old tyme did lacke them, but the tyme whiche is the discouerer of all thynges, hath shewed them vnto vs greatly to our profite, seyng the greate neede that wee had of them.

And

And as there is discouered newe regions, newe kyng-domes, and newe Prouinces, by our Spanyardes, thei haue brought vnto vs newe Medicines, and newe Remedies, wherewith thei doe cure and make whole many infirmities, whiche if wee did lacke them, thei were incurable, and without any remedie, the whiche thynges although that some haue knowledge of them, yet thei bee not common to all people, for whiche cause I did pretende to treate, and to write, of all thynges that thei bryng from our Indias, whiche seruethe for the arte and vse of Medicine, and the remedy of the hurtes and deseases, that wee doe suffer and endure, whereof no small profite doeth followe to those of our tyme, and also vnto them that shall come after vs, the whiche I shall be the first, that the rather the followers maie adde herevnto, with this beginnyng, that whiche thei shall more knowe, and by experience shall finde. *The discouerie of the Indias.*

And as in this Citee of *Seuill*, whiche is the Porte and Skale of all the Occidentall Indias, wee doe knowe of the more, then in any other partes of all Spaine, for because that all thynges come firste hither, where with better relation, and greater experience it is knowen. I doe it with experience and vse of them this fourtie yeres, that I doe cure in this Citee, where I haue informed my self of them, that hath brought these thynges out of those partes with muche care, and I haue made experience thereof, with many and diuers persones, with all diligence and foresighte possible, and with muche happie successe.

Of the Anime and Copall.

THei doe bryng from the newe Spaine twoo kindes of Rosine, that be bothe a like, muche one to the other, the one is called *Copall*, and the other *Anime*. The *Copall* is a Rosine verie white, and of muche brightnesse, it is *Of the Copal*

brought in certaine greate peeces, whiche are like to peeces of *Diacitron* verie cleare, it hath an indifferente smell, but not so good as the *Anime*, with this *Copall* the Indians did make perfumes in their sacrifices, and so the vse thereof was frequented in the Temples, for their priestes.

Historie. And when the first Spanyardes wente to those partes, the Priestes went out to receiue them, with little firepottes, burnyng in them this *Copall*, and giuyng to them the smoke of it at their noses: we doe vse here to perfume with it in deseases, hauyng coldnesse of the heade, in the place of Incence, or *Anime*: it is hotte in the seconde degree, and moiste in the firste, it is resoluatiue, and softneth by some watrishe partes that it hath.

What Anime is? The *Anime* is a gumme or Rosine of a greate Tree, it is white, it drayweth nere to the coulour of Incence, it is more oyly then the *Copall* is, it commeth in graines, as the Incence doeth, although somwhat greater, and beyng broken, it hath a yeallowe colour, as Rosine hath, it is of a verie gracious and pleasaunt smell, and put vppon burnyng coles, it doeth consume verie quickly.

In that as it differeth frō ours. It differreth from our *Anime*, that is brought from *Leuante*, in the whiche it is not so white, or so bright, in so muche that thei doe saie, that it is spice of *Charabe*, or *Succino*, whiche is called Amber, congeled, wherewith thei do make Bedes, but it is not so, for that the *Charebe* is a kinde of Pitche, that is fished in the Germaine Sea, and it is taken out of the sea in greate peeces, with a dregge of Iron, so that it semeth to come forthe of some Fountaines, into the Sea, after the maner of Pitche, and beyng come forthe vnto the cold ayre it congeleth, for because there is seen in the same peeces, stickes, and other superfluities of the sea, cleauyng vnto it, and in this thei shall see the errour of thē, that doeth saie that it was Gumme of *Alamo*, and others, that it was of the Pine tree.

Of the congeled amber

Hermolaus Of our *Amime* Harmolaus Barbarus, a man moste learned

ned doeth saie, it is gathered aboute the place where Incence is gathered, and that lande or soile, is called *Amintin* and therefore it is called *Anime*.

a Barbarion auctour. A place that is called Amitin, where our Anime is gathered, the vertue that it hath.

That whiche is brought from the newe Spaine, is gathered from certaine Trees, of a reasonable greatnesse, by waie of incision, as the Incence, and *Almasiga* are gathered: we doe vse thereof for many infirmities, and principally for griefes of the heade, and paines thereof, caused of humours, or of colde causes, and for stuffyng in the head, that thereof doeth procede, after euacuation, perfumyng therewith the chambers in the Winter season, and where as is large infirmities, it doeth purifie and correcte the Aire, and thei doe perfume therewith their head carchers, when that thei doe goe to slepe, for them that doeth suffer paines in the heade, and occasions thereof, it doeth profite to perfume the heade of hym that is so diseased, it doeth comforte the heade vnto suche as hath it debilited, or weakened, and doeth suffer paines by occasion thereof: thei doe put it also in plaisters, and in seere clothes, where as is neede of comfort, and to dissolue in especially colde humours, or windenesse, thei doe vse it also in place of Incence, as well in the perfumes, as in the afore saied.

The complexion that it hath.

It doeth comfort the braine, applied in the forme of a plaister, and euen so likewise the stomacke, and all partes beyng full of Senewes, made after the fashion of a Sere clothe, with the third parte of Waxe, it taketh out the cold of any member, what so euer, beyng putte therevpon for a long tyme, with refreshyng it. It is hotte in the second degree, and moiste in the first.

Of the gumme called Tacamahaca.

Of the Tacamahaca.

AND also thei doe bryng out of the new Spain an other kinde of Gumme or Rosine, that the Indians doeth call *Tacamahaca*, and the same name did our Spanyardes giue it, it is Rosine

taken out by incision of a tree, beyng as greate as a Willowe Tree, and is of a verie sweete smell, he doeth bryng forthe a redde fruite, as the seede of Pionia.

How the Indians doeth vse it.

Of this Rosine or Gumme, the Indians doeth muche vse in their infirmities, chiefly in swellynges in any parte of the bodie, where thei be ingendred, for that it dissolueth, ripeneth, and doeth marueilously desolue them. And euen so, it taketh awaie any maner of greefe, that is come of a colde cause: as humours, and windinesse, this the Indians doeth vse very commonly, and familiarly. And for this effecte the Spanyardes hath brought it.

The properie that it hath.

His colour is of the colour of *Galnano*, and some doeth saie that it is the same, it hath white partes like to *Amoniaco*, it is of a good smel, and his tast is the like, so muche that beyng caste vpon hotte burning coles, & giuyng the smoke therof at the nose, of a woman that doeth sound or els hath lost her vnderstādyng by suffocation of the Mother, it doth cause her to come quickely, and easely to her self. And the Rosine putte to her nauell, after the maner of a plaister, it causeth the Mother to kepe in her place, and the vse thereof is so muche emongst women, that the moste parte which is spente thereof, is for this effecte, for that thei doe finde them selues very well with it, takyng awaie from them all maner of chokynges of the Mother, and comfortyng the stomacke. Some that bee curious doeth adde therevnto Ambar and Muske, and so it is better then it alone. It is alwaies fixed, without meltyng of it self, vntill that it bee all wholie wasted.

Good for the diseases of the Mother.

In any maner of greef.

And where it doeth moste profite, is for to take awaie any maner of greefe, caused of colde humours and windie, and beyng applied vnto them in maner of a plaister, it doth take them awaie, and dissolueth them with greate admiration: it doeth cleaue in suche sorte, that vntill it hath doen, and wrought his effecte, it can not bee taken awaie, and the self same it doeth, beyng put vppon swellynges, for that it consumeth

conſumeth and deſolueth them, and if there bee any diſpoſition to ripen them, it doeth it, and very quickly.

Jt hath alſo for a remedy verified, and experimented, that it doeth profite muche in Reumes, and Runnynges, where ſo euer thei goe, as alſo it taketh them awaie, puttyng a ſmall peece of linnen clothe with this Roſine, behinde bothe the eares, or the eare of the parte whiche runneth, for that it doeth reſtraine the runnyng of them: and put vnto the temples of the heade, in maner of a plaiſter, it doeth with holde the runninges and the flure, that runneth to the eyes, and to the partes of the face, it taketh awaie the tothe ache, although that the tothe bée hollowe, by puttyng a little of this Roſine into the hollowe, and if therwith the rotten tothe be burned, it maketh that the corruption goe no further, and beyng put after the maner of a plaiſter in the hollowneſſe of the necke, or greef of the ſhoulders, it taketh awaie the paines, mingled with the third parte of ſtoracke, and a little Amber made in a plaiſter, for the ſtomacke, it doeth comfort, and cauſeth appetite to meate: Jt helpeth digeſtion, and diſſolueth windineſſe, after the ſame ſort put vpon the moulde of the head, it comforteth, and taketh awaie the paines thereof. Jn the Sciatica, or paines of the hippes putte therevnto, the effecte thereof is greate: and likewiſe it is ſo in all paines of the ioyntes: and in any paine of the bodie where ſo euer it be, chéefly if it be of cold humours, or mixt: For becauſe with his reſolution, it hath partes of bindyng, that doeth giue a marueilous comfortyng in ioyntes, or in hurtes of Scnewes, puttyng that alone, it doeth heale and cure them, for it is greate the experience, that we haue of it ingenderyng forthe with matter it taketh awaie an extreme colde: ordinarily it is applied to all greefes: J doe mingle it therewith the third parte of yeallowe waxe, for that it will be applied the better, and the vſe thereof is ſo celebrated, that the people knoweth no other remedy for any greef, but the vſe of this Roſine, ſo that it.

The vertue that it hath.

In the tothe ache.

It cõforteth the ſtomack.

In the griefe of the heade.

In the Sciatica.

In the griefe of the ioints.

In the hurtes of Scnewes.

In all greſes.

His complexion. it bee not inflamations very hotte, and also in them after the first furie is paste, and the fearcenesse thereof, it doeth profite muche for to dissolue the reste, it is hotte in the beginnyng of the thirde degree, and drie in the seconde.

Of the Gumme Caranna.

Caranna. They doe bring from the firme Lande, by the waie of *Cartagena*, and number *de Dios*. A Rosin of the coulour of *Tacamahaca*, somewhat cleare, and thinne, called in the Indians language, *Caranna*, and this woorde and name our Spaniardes haue geuen it, and it hath in maner the smel of the *Tacamahaca*, although it be somewhat more strong of smell, it is verie oylie, and so it clingeth faste without meltyng. For the clammines that it hath, it is a newe Medicine, and brought hither about a tenne peres past, and the Indians doe vse it in their infirmities, against swellinges, and in all maner of griefes, and now in our partes it is muche esteemed, for the greate effectes that it doth worke.

The vertues that it hath. It doeth profite and heale the same infirmities, that the *Tacamahaca* doth, but it doth his woorke more spedily, so that many infirmities, wherein the *Tacamahaca* doth not so muche effect, the *Caranna* doth easely heale. There was one that did suffer paines of a shoulder, the whiche paines hee had suffered a long tyme, in suche sorte, that he coulde not sturre his Arme, he haupng vsed a great tyme the *Tacamahaca*: yet he healed not, vntill he had putte thereunto the *Caranna*, and therewith, in three daies he remained whole,

It healeth an olde greef of the shoulder.

In the grefes of the ioints. in the griefes of the Joyntes, and the Gowte *Arthetica*, it doeth a merueilous effecte, beyng applied vnto the griefe, so that it bee not an inflamation, of verie hotte

In swellings. Humour, it taketh it awaie, with muche easines. In olde swellinges, as well in humours as in windes, it dissolueth and doth dissolue them, in griefes caused by defluxe or runnyng

ning of could humors or mixed, it doth a merueilous effect, in all paines of the Sennowes, and griefe of the head, and griefes that there of doth proceede it doth profite muche. Surely, it is a medicine to dissolue and to take awaie griefes of greate efficasie, and doth make his worke with great certaintie in newe greene woundes, especially of the Sennewes, it doeth muche profite, and greatly in ioyntes, in the whiche I haue sæn doen onely therewith very greate workes, it is an intercepting to staie the fluxe and runnyng of the eyes, and other partes applied behinde the eares, and in the temples of the head, it is verie fattie and oylie, and hot in more then in the seconde degree.

In griefes of Senewes.

In new woũdes.

It staieth the runnyng of the eyes.

Note.

And it is to be noted, that all these Rosines the Indians doe gather them by waie of Incision, by geuyng cuttes in the Trees of whiche forthwith the licour doth droppe out, and from thence they gather it.

Of the Oyle of the Figge Tree of Hell.

From *Gelisco*, a Prouince in the new Spaine, they dooe bryng an Oyle or Licour, that the Spaniardes haue called, oyle of the Fig tree of Hell, for that it is taken out of a trie that is no more nor lesse then our Figge Tree of Hell, aswell in the Leafe, as in the Fruite, it is the same that we doe commonlie call *Chatapucia*, or *Cherua*, it is also milkishe as ours is, for that it is more burnyng in the Indias for the grosenes of the earth.

Oyle of the Figge tree.

The Indians doe make this Oyle as *Dioscorides* doeth shewe, in the first booke the. xxx. Chapter, that is to pounde the Seede, and seeth it in water, and after it is sodden, then gather the Oyle that swimmeth vppon it, with a Spoone, and this is the maner to make Oyle of fruite and Seedes, and Bowes of trees, it is verie muche frequented and vsed of the Indians, for expression or wringyng out the Ioyce,

How this oyle is made.

they doe not knowe how to doe it, for lacke of knowledge, this kind of oyle principally is better taken out this wake, then by expression. This Oyle hath greate vertues, as by the vse thereof hath bene seene, as well in the Indias, as in our partes, and all that I will saye, is with verie greate experience, of muche vse thereof in may persones, it doeth heale and cure all infirmities caused of could humors, and windines, it doth dissolue all hardnes with mollificatiō, and all inflammations beyng windie, it taketh awaie all maner of paine in what parte soeuer it bee, chefly if it come by any colde cause, or windines, for that in this, it maketh a meruelious woorke, dissoluyng greate windines, wherefoeuer they be, and especially in the bellie, and with this they doe heale a windy Dropsie, & likewise all kindes therof, annoynting therewithall the Belly, and Stomacke, takyng some dropes thereof with wine, or other licour appropriated, that it may auoide the cetrine water, and make the winde to bee expelled, and if they doe put it in any maner Glister, or Medicine, geuen so it doeth auoyde out the cetrine water, and doth expell Windes, with more assuraunce then any other Medicine. In the grieues of the Stomake of cold humors, and windes, and Colicke, it maketh great effect, anointing therewith, and taking some droppes thereof, and principally they do this in that mortal disease called the *Ileon*, which is a certaine filthines that purgeth at the mouth. It doeth auoide fleame principally, in grieues of the Iointes certain dropps of this Oyle taken with the broth of some fat foule, it doth empt awaie the humor that doth cause the paine, it doth heale the olse sores of the head, that doth yelde muche Matter.

Hir vertues and effectes.

Cures in generall.

It taketh awaie the paine.

It healeth a windy dropsie.

In griefes of the stomake and Colike.

In griefes of the Iointes.

It healeth soares.

Hystorie.

It vndoeth opilations.

A Gentleman that did vomit his Meate for many peres did anoynt his stomake, with this Oyle, and therewith did heale and neuer vomited againe, it doth vndoe Opilacions of the inner partes of the body, and of the stomake, and of the Mother, anoynting it therewith. And vnto young chil-

dren

dzen and Boyes, that can not goe to the Stoole, anoyntyng the lower parte of the Mauill with this Dyle: it doeth prouoke them to the stoole, and if the haue wormes it doth expelle them and killeth them, chiefelie if they geue them a dzoppe or twoo with Milke, or with some fat grosse thing: And for those that haue lost their hearing, it causeth it to be restored to them, with a merueilous worke. As it hath bene seen by many experiences. In griefes of Ioyntes, and in griefes of swellynges, so that it come not of a verie hotte cause, it taketh them away & doth dissolue them, any of the members beyng drawen together, & annoynted with this Dyle: they doe extende and the Sinowes be mollified with it, takyng awaie the griefe if that there be any, it taketh awaie any markes or signes, wheresoeuer they bee in the face, principally, and the Morphewe whiche women many tymes bee troubled withall, anointyng with this Dyle, it doth take it awaie, and consumeth it, not with litle content of them that vse it, it is hotte in the first parte of the thirde degree, and moyst in the second.

It maketh them goe to the stoole.

For them that haue lost their hearyng.

In griefes of the Ioyntes.

For the mẽbers drawen together.

It taketh any markes or signes of the face.

His complexion.

Of the Betumen vvhich is a kind of Pitch.

Betumen.

THere is in the Illande of *Cuba*, certaine Fountaines at the Sea side, that doth cast from them a kinde of blacke Pitch of a strong smell, whiche the Indians doe vse, in their colde infirmities, oure people doe vse it there to pitche their shippes withall, for it is well nere like vnto Tarre, and they doe mingle therewith Tallowe, for to make it Pitch the better. I do beleue that this is *Napta*, whiche the auncient writers doe speake of, *Possidonio* doth say, that there are twoo Fountaines in Babilon, one white and the other blacke.

Napta.

This that they doe bryng from the Indias, we doe vse

His vertues

it griefes of the Mother, for that it doeth reduce the Mother to her place, and if it rise on heigh, then put it to the Nosetrelles, and if it come doune to the lower partes, putting thereto a wet Tent, with this Pitche, it causeth it to goe vpwarde, to his place, and so likewise it doeth profite, beyng applied to colde Infirmities, as the other Medicines whiche we haue spoken of, it is hotte in the seconde degree, and moist in the first.

Of liquid Amber and the Oyle of liquid Amber.

FRom the newe Spaine they doe bring a Rosine that we do call *Liquid Amber*, & one like Dyle ỹ we do call Dyle of *Liquid Amber*, that is to say, a thyng that we doe moste set by, and precious as *Amber*, or Dyle thereof, both of them beyng of sweete smell, and of good sauour, and especially the Dyle of *Liquid Amber*, whiche hath his sauour more delicate and sweete then *Amber*. A Rosine taken out by incision of certaine trees verie greate and faire, and full of leaues, whiche is like to Euie, and the Indians doe call it *Ococoll*. It doth carie a thicke rinde, of the colour of Ashes, this rinde beeyng cut, it doth cast out the *Liquid Amber* thicke, and so they doe gather it, and because the rinde hath a smell very sweet, they doe breake and mingle it with the Rosine, and when it is burned, it hath a better smell, in so muche, wheresoeuer the tries are, there is a moste swete smell through all the fields.

What liquid Amber is.

Historie. When the Spaniardes came the first time, to that place where it groweth, and did feele suche sweete smell, they thought that there had been spices, and trees thereof.

The vse of it. There is brought muche quantitie of *Liquid Amber* to Spaine, in so muche that they doe bringe many Pipes, and Barelles full thereof to sell for Merchaundise, for here they doe profite thereof, to perfume in thinges of sweete smelles,

smelles, wasting it in place of *Storacke*. For that the smoke and smell doth seeme to be the same, and also they doe put it into other confections of sweete smelles to burne, and such like thinges, it doeth caste from it so muche smell without burnyng of it, that whersoeuer it be, it can not be hidden, but doth penetrate many houses and stretes with his swete smell, when there is quantitie of it.

His workes and effectes.

It serueth muche in medicine, and doth therein great effect, for that it healeth, comforteth, dissolueth, and mittigateth the payne, putte to the Moulde of the heade by it self, or mingled with other thinges. *Aromaticall*, it doth comforte the Braines, and taketh awaie the paines of any maner of griefe, proceadyng of a could cause, put after the maner of a Plaister thereunto, it doeth also mittigate, and take awaie the paines. In griefes of the Stomake, it doth a merueilous effect, applied after the maner of a Stomacher. For that it doeth comfort the Stomake, and doth dissolue windes, and doth helpe digestion, and doth take awaie indigestions, it causeth the meate to be well digested, it geueth lust to eate, it is made of *Liquid Amber*, spread abroad vpon a sheepes skinne, in the forme of a breastplate, mingled with a little *Storake*, *Amber*, & *Muske*, it is a plaister which doth profite muche in all that I haue saied there is knowen of this plaister verie greate experience, in this Citie, for the good effect that it doeth, it is hot in the ende of the seconde degree, and moyst in the first.

A marueilous plaister.

Of the Oyle of Liquid Amber, and how it is made.

Of this *Liquid Amber* there is taken out the Oyle that is called of *Liquid Amber*, the whiche in his smell is more sweet, it is taken out of the *Liquid Amber* when it is newly gathered, puttyng it in parte where it may distill of it selfe, (the more subtill) is the perfectest and best of all.

Others there be that do presse it, because the more quantitie thereof maye bee taken out, and they doe bryng it for merchaundise, for that they doe dresse Gloues therwith for the common people, and in this there is muche spent.

The vse of it in medicine.

It is vsed in Medicine for manye diseases, and it is of greate vertue for to heale colde diseases, for it healeth excellently well, all partes whereseoeuer it be applied, it doth dissolue and mollifie any maner of hardnes, takyng awaye the paines, it doeth dissolue the hardnes of the Mother, and doth open the opilacions. It doth prouoke the monthly order of women, and it doeth make softe anye maner of harde thyng, it is hot welnere in the thirde degree.

Note.

And it is to be noted, that many doe bryng this *Storacke* so thinne frō the Indias, not so good, for because that thei make it of the bowes of the Trees, cut in peeces, and sodden, and they doe gather the fatnes that is vpon it, and that the Indians doe selle the buddes of the Trees where the *Liquid Amber* is taken out, made in handefulles, the Indians do sel in their market places, for to put amongest their Clothes, whiche causeth them to smell, as of the water of Angelles, and for this effect the Spaniardes doe vse it.

Of the Balsamo.

They doe bryng from the newe Spaine that licour most excellent, which for his excellencie and merueilous effectes, is called *Balsamo*, an imitation of the true *Balsamo*, that was in the lande of Egipt, and for that it doeth suche greate wooркes, and doeth remeady so many infirmities, that there was giuen to it suche a name, it is made of a tree greater then a Pownd garned Trē, it carrieth leaues like to Nettles: the Indians doe call it *Xilo*, and we do call the same *Balsamo*. It is made twoo maner of waies, the one is by the waie of incision, cuttyng the rinde of the tree, which is thinne, geuyng hym many sm all cuttyng es, of the which there commeth out a clammishe licour: of colour white, but it is little and most excellent, and very perfite, the other fashion is: that the Indians doe vse to take out licour of the

trees,

trees, which is a common vse amongest them, they do take the bowes and the greate peeces of the tree, and doth make them very small, as they can, and doe cast them into a great Kettle, with a good quantity of water, & do boyle them vntill they see it sufficiently doen, and afterwarde they let it coole, and gather vp the oyle that doth swimme therevpon with certaine shelles, and that is the *Balsamo* that cometh to these partes, and that commonly is vsed, his colour is Alborne, whiche is likened to blacke, it is of most sweete swell, & very excellent. It is not conuenient nor it ought to be kept in any other vessel then in siluer. (Glasse or Tinne or any other thing glassed, it doth penetrate) and doth passe through it, the vse thereof is onely in thinges of Medicine, and it hath been vsed of long tyme, well nere since the new Spaine was discouered, for that incontinente the Spaniardes had knowledge of it, because they did heale therwith the woundes that they did receiue of the Indians: beeyng aduised of the vertue therof by the same Indians, and they did see the saide Indians heale and cure themselues therewith.

When it firste came into Spaine, it was esteemed in as muche as it was reason it should be, for that they did see it make marueilous worke, one ounce was worthe tenne Duccates and vpwardes, and nowe it is better cheepe, the firste tyme that they caried it to Rome, it came to be worthe one ounce, one hundreth Ducates, after that they brought so muche and suche great quantity, that it is nowe of small valewe, this doeth the aboundaunce of thyngs, and when it was verye deere all meune did profite of the vertue of it, and after it came to bee worthe so vile a price: it is not so muche esteemed, beeyng the same *Balsamo*, and the selfesame, that it was, when it was worthe one hundreth Duccates the ounce, surely if the Indias had not beene discouered, but for the effect, to sende vs this merueilous licour, the labour had beene well employed, whiche our Spaniardes

The estimation that it was taken in.

Note.

Note.

des haue taken, for that the *Balsamo* that was vsed to bee had in Egypte, it is many yeres that it failed, because the Vine from whence it came, dried vp, wherby you haue now none in the worlde. Our Lorde God did thinke it good in place of that to geue vs this *Balsamo*, of the newe Spaine, the whiche in my iudgement in Medicinall vertue, it is no lesse then that of Egypte, according to the greate effectes that wee doe see in it, and the greate profite that it doeth, whiche we doe see in Medicines, in three waies, that is to say, it is taken at the mouth, or it is applied outwardly, or it serueth in thinges of Surgery, taken in the morning fasting, it healeth the shortnes of breath, it taketh awaie the diseases of the Bladder, it doth prouoke the Menstrues of Women taken and applied with a Tente, it taketh awaie the olde paines of the Stomake, licking certaine droppes thereof in the morning fasting, laide vpon the palme of the hande, and so continued: it doeth comforte the Stomake, it doth rectifie the Liuer, it maketh a good colour of the face, it maketh a good breathing, it openeth the Breast, it vndoeth opilations and conserueth youth. I knowe a persone of muche estimation that did vse it, and being of great yeres: did looke like a young man, and liued after he vsed it without occasion of any euill. they whiche haue beene troubled with a drie cough haue vsed it, and to some it hath doen profite, and some gentle women that haue not brought forthe children, haue vsed it in Tentes for to pourge the Mother, and it hath doen them good.

The effectes that it doth taking it at the mouthe.

Historie.

Jt hath beene also applied outwardlye in all maner of griefe caused of could humours, or of windes. For that being continued, it taketh awaye verye well anye maner of griefe, applied hot, with a little fether, and puttyng thereupon a clothe wet of the selfe same *Balsamo*, it is dissoluatiue, and so it doth consume and vndoeth swellynges colde and olde. Jt doeth comfort any parte where it is put vnto, the foreparte of the head it doeth comforte merueilously,

The effectes that it doeth applyng it outwardly.

and

and doeth take awaie the paines thereof, consumyng any maner of humour or colde that is in it, it taketh awaie the Palsey by annoyntyng the foreheade and necke, and the partes that bee impotente, and it doeth profite in all infirmities of Senewes, and shrinkynges of them. Put vnto the Stomacke it helpeth the digestion, and doeth comforte, dissolupng windinesse, and if there bee any opilation, it doeth dissolue it. And also the opilations of the inner partes it doeth mollifie and soften, it taketh awaie the paine of the Stone in the Kidneis or Raines, beyng putte hotte vppon the paine, in the paines of the Beally or Stomake caused of colde or windes, beyng put thereunto hot, or laied vpon hotte bread taken out of the Ouen, it taketh them away: It prouoketh Urine, and to them that can not pisse, applyng it outwardly: and takyng a fewe droppes thereof it doeth vnloose, and putteth it out, in the paines of the ioyntes it doth merueilous effect, and in this it hath a special prerogatiue, in especially for the *Sciatica*, it doeth dissolue any maner of hardnes or swellyng that remaineth in any suche griefe, in paynes of the Senowes it is a merueilowes remedy for all runninges of fluxe, it doth dissolue and heale.

This *Balsomo* being aplied in thinges of Surgery, doth great effectes, of it self, or mingled any other way with medicine, that hath vertue to doe the effecte whereseuer it is applied, and for to shewe all his vertues it will bee verye large. I doe remit it to hym that shall vse it, that he maye make the mixture that shall be necessary and conuenient.

The effect that it doth in thinges of Surgery.

The *Balsamo* is verie common: and a vsed remedy for woundes being newe, for that it doth cure them by the first intention, glewyng together the partes without makyng matter, and where there be brewses that can not be glewed together, it doeth a verie good woorke, makyng his digestion with readines, and the rest of the woorkes that doeth appertaine to Surgery, it doth that whiche is conuenient

vntill the woundes bee whole, and for this cause the vse thereof is a common Medicine in all surgery of poore folkes: Seeyng that with one medicine all effectes is doen therewith, beyng necessarie, and it is a common thing to saie, that when one is hurte, let *Balsamo* be put thereunto, and so they doe, and it doth heale, in the woundes of Sennowes it maketh a merueilowes effect, for that it doth both cure and heale, it healeth better then any other Medicine doth, it resisteth colde, the woundes of the hedde it healeth verie well, not hauyng the Scull broken, nor perished.

Any maner of woundes beyng freshe it doth heale them in any parte of the body whersoeuer they be, so that there be no more in it but a simple wounde. In ioyntes what maner of wounde soeuer it be, it doth make marueilous worke it is very common the vse thereof in this Citie, in thinges of woundes. For that you haue fewe houses, but you haue *Balsamo* in theim for this effecte, so that in woundyng of any persone furthwith they goe to the *Balsamo*, for with little quantitie thereof they doe cure and heale, and many tymes with puttyng of it once euery thirde day, they do finde the wound whole. In olde sores aplied by it selfe, or with any other Oyntment, it doeth mundifie and cloase them vp with flesshe.

In large feuers *Paroxismales* beyng put halfe an howre before the colde doeth come, vppon the moulde of the heade very hotte, and beyng very well couered with clothes, and takyng forthwith fiue or sixe dropes thereof in wine, it taketh away the colde, in three or foure tymes that they doe it, it is of a sharpe sauour and sumwhat bitter, whereby is seene the drie partes and comfortatiue that it hath, it is hot and drie in the second degree.

Of the herbe of Ihon Infante for woundes.

I will not let to write of a certaine Hearbe, that the conqueros of the newe Spaine do vse for the remedy of their woundes, and shottes of arrowes, the whiche for them was a greate remedy in their troubles, and it was discouered by

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an Indian, whiche was Seruaunte to a Spaniarde called Ihon Infant. He was the first that vsed thereof, they did call it, and doe call it at this present daie, the Herbe of Ihon Infant, this hearbe is little, thei gather it grœne, and beate it, and so they put it simply vpon the wounde, it doth restraine and stop the bloud, and if it be a wound in the flesshe, it doeth cause hym to growe together, and healeth hym by glewing the partes together, the woundes and the Senowes, and other partes it doth comforte, mundifie, and ingender flesshe in them vntill they be whole, and because they doe not finde this hearbe in all places, they doe bryng it made in pouder, for that it doeth the same effecte as beyng greene, and the pouder doth it better then the hearbe.

As this herbe is, so haue you many other in all the other partes of the Indias, that hath the same and other properties that doth marueilous effectes: and for to write of euerye one of them particularly, it were needefull to make a greater volume, then wee doe pretende in this that we shall treate of.

Three thynges they doe bryng from our Occidentall Indias, whiche at this day be celebrated in all the worlde, & with them they haue made and doe make the greatest effectes that euer was made in Medicine, and neuer the like made, in any other Medicine, that vnto this daie hath bœn knowen. For that the office of all thræ is to cure infirmities beyng without remedy incurable, and to doe the effectes that doe seeme to be thinges of wonder, and this is notorious, not onely in these partes, but in all the worlde: the whiche thinges are the woodde that is called *Guaiacan*, the *China*, and the *Sarcaparillia*. And for that it doth seeme that the *China* doth come from Portingall, and that the Portingales doe bryng it frō their Orientall Indias, and not frō ours, I wil say what is to be said, forward whē we do speak thereof. And therefore let vs beginne with *Guaiacan*, as of a remedie that first came from the Indias, & as the first the

best of all, as experience hath shewed, and the vse thereof in so many yeres.

¶ Of the Guaiacan, and of the holie Woodde.

The wood of the Indias.

THe *Guaiacã* that is called the wood of the Indias, was discouered forthwith, whẽ the firste Indias was founde, whiche was the Ilande of *Sancto Domingo*, where is great quantitie thereof. There was an Indian that gaue knowledge thereof to his Maister, in this maner. A Spanyarde that did suffer greate paines of the Pore, whiche he had by the companie of an Indian woman, but his seruaunte beyng one of the Phisitions of that countrie, gaue vnto hym the water of *Guaiacan*, wherewith not onely his grieuous paines were taken awaie that he did suffer: but healed verie well of the euill, with the whiche many other Spanyardes, that were infected with the same euill were healed, the whiche was communicated immediatly, with them that came from thence, hether to *Seuill*, and frõ thence it was diuulged throughout all Spaine, and from thẽce through all the worlde, for that the infection wente sowen abroade throughout, and surely for this euill it is the beste, and the moste chief remedie of as many as hether vnto hath been founde, and with moste assuraunce, and moste certaintie, it healeth and cureth the saied desease, if thei bee well handled, and this water giuen as it ought to bee, it is certaine that it healeth moste perfectly, without turnyng to fall againe, except the sicke man doe returne to tumble in the same bosome, where he tooke the firste.

Our Lorde GOD would from whence the euill of the Pore came, from thence should come the remedy for them. For that the Pore came into these partes from the Indi-

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as, and firste of all from *Sancto Domingo*. The Pokebee so common emongest the Indians, and so familiare, as the Measelles bee vnto vs, and well nere the moste parte of the Indians, bothe menne and women hath them, without makyng thereof any scruple, and thei came firste in this sorte.

In the yere of our Lorde God 1493. in the warres that the Catholike kyng had in Naples, with kyng Charles of Fraunce, that was called greate heade: in this tyme sir Chriſtofer Colon, came from the discouerie that he had made in the Indias, whiche was *Sancto Domingo*, and other Iſlandes, and he brought with hym from *Sancto Domingo*, a greate number of Indians, bothe men and women, whiche he carried with him to Naples, where the Catholike kyng was at that tyme, who had then concluded the warres, for that there was peace betwene the twoo Kynges, and the hostes did communicate together, the one with the other. And Colon beeyng come thether with his Indians, the moste parte of them went with the fruite of their countrie whiche was the Pokes, the Spanyardes beganne to haue conuersation with the Indian women, in suche sorte, that the men and women of the Indias, did infecte the Campe of the Spaniards, Italians, and Almaines, the Catholike kyng had then of all these Nations, and there were many that was infected of the euill. And after the hostes did common together, the fire did kindle in the campe of the kyng of Fraunce: of the whiche did folowe that in shorte tyme, the one and the other were infected of this euill seede: and from thence it hath spred abrode into all the worlde.

The names that they did put to the euill tree.

At the beginnyng it had diuerse names: the Spanyardes did thinke that it had been giuen them by the Frenche men, and thei called it the Frenche euil. The Frenchemen thought that in Naples, and of them of the Countrie, the euill had been giuen them, and thei called it the euill of Naples. And thei of Almaine seyng that of the conuersation of the Spanyardes, thei came to it, thei called it the Spa-

Opinions of this euill.

nishe Skabbe, and other called it the Measelles of the Indias, and with muche truthe, seyng that from thence came the euill.

Emongelke the greate Phisitions of that tyme, there was greate opinions of the cause, and originall of the infirmitie. The one sorte saied that it came of the euill Melancholie meates, that the hostes of necessitie had eaten, as wilde hearbes, and muche gardeine hearbes, and rootes of hearbes, Asses, and Horses, and other like thynges, that ingender suche like infirmities, corruptyng and burnyng the bloode. Others there were that did attribute it, to the coniunctions of Saturne and Mars, and thei did applie it to the heauenly influence, with this thei did put diuers and sundrie names. Some called it the Lepresie, others Swin Pore, other Mentegra, others the Deathly euill, others Elephansia, without certaine assurance what deseases thei were. For they were ignorannt that it was a newe disease, and they would reduce it to some already knowen and written of, and then commyng to our *Guaiacan*, whose name was put of the Indians, and of them very wel knowen, and so thei had called it and doe call it, in all the worlde, and callyng it also the woodde of the Indias, of this woodde many haue written and muche, one sorte saiyng that it was *Ebano*, others that it was a kinde of Bore, and many other names whiche they haue named, it is a newe Tree and neuer seen in our partes, nor in any other of the discoueries, and as the countrie is newe: so is the tree a newe thinge.

Guaiacan an Indian name.

The description of the Guaiacan.

What soeuer he be it is a great tree, of the greatnes of an Oke: he doth caste out many bowes, the rinde it doeth cast from it beyng drie, greate, and full of Gumme, he hath his hart very greate, it is well neere like to blacke, all is very harde as muche and more then *Ebano* is. It doth casse a little leafe and hard, and euery yere it doeth bryng forthe yeallow flowers, of the whiche they doe ingender a rounde fruite, with little kernelles with in it, of the greatnes of

Medlers

Medlers, of those Trees there are greate aboundaunce in *Sancto Domingo*.

And after this they haue founde an other Tree, of the kind of this *Guaiacan*, in Saint Jhon *de Puerto Rico*, which is an other Jlande nere to that of *Sancto Domingo*, suche an other tree as he is, sauyng that he is lesse, & the body of the tree and the bowes are lesse, and it hath scarsely any harte, and if it hath any it is very little, and that is in the body of the tree. For that the bowes hath none, it is of more sweet smell and more bitter then the *Guaiacan*, that is nowe vsed in our tyme, for gettyng that of *Sancto Domingo*, and for his marueilous effectes they call it the holye Woodde, and surely with reason: for that it is of a better worckyng then that of *Sancto Domingo*, whiche is seen by experience, but that the one and the other is a marueilous remedy, for to cure the desease of the Pore: of the whiche and of euery one of theim the water is made, and it is taken for this infirmitie, and for many others in this forme.

How the water of the wod is made.

They take twelue ounces of the wood made small, and twoo ounces of the Rinde of the same woodde broken, and they cast it to steepe in three Pottels of Water, in a newe pot, that will holde sumwhat more, for the space of xxiiij. houres: and the pot beyng well stopt, they seeth it at a soft fyre of kindled Coales, vntill the two Pottels be sodde awaie, and one remaining. And this is to be seen at the time the water is put to it, puttyng therein one Pottle, they do put in a little Rodde, and they doe marke where the water is of one Pottle, and by that measure and marke they shall see when the twoo is sodde awaie, and the one Pottell remaineth, after the water is sodden, they put it to coole, and doe straine it, and keepe it in a glassed vessell, and forthwith vpon the saide sodded wodde, they cast foure Pottels of water, and they seeth it till one bee sodden awaie, and this water must be strained and kepte aparte: and it must be taken in this forme.

After

The maner to take it.

After that the sicke man is pourged with the counsell of a Phisition, let hym be put into a warme Chamber, and kept from the colde and from ayre, and beyng layed in his bedde, that he take early in the morynyng tenne ounces of Water, of that which was first made well warmed, and let hym be clothed, so that he may sweate wel, and let him kepe his sweat at the least two houres, and after he hath swet, let hym be made cleane of his swet, and take a warme Shirte, and the rest of his Linen clothes, and foure howers after he hath swette, let him eate Reasinges, Almonds and Bisket, and this in reasonable quantitie, and let hym drinke of the water that was made at the seconde tyme, the quantity that he hath neede of, and of the selfe same let him drinke in the day tyme, and eight howres after he hath eaten, let him retourne to take the first water, and let hym take other ten ounces well warmed, and then sweate other twoo howers, and after his sweat let him be made cleane, and then take warme cloathes, and one hower after he hath swet let hym make his supper of the same Reasings, Almonds, and Bisket, and drinke of the seconde Water, this order he muste haue the first fiftene daies, excepte he hath notable weakenesse, and in suche case he must bee succoured with geuyng hym to eate of a little Chiken, ioyntly, with the rest of the Diet, and in them that be leane, that can not beare so much Diet, it is sufficient that they take it for nine daies, and at the ende of them he may eate a little Chiken rosted, and if in case the sicke man be debilited, and that he can not suffer the Diet, let hym haue from the beginnyng a very small Chiken, goyng forward increasyng in the proces of tyme, and beyng past the 15. daies, let hym retourne to pourge himselfe at the sixtine daies, and let him take the waight of fiue shillinges of the substaunce of *Canafistola*, taken out by Strainer or other thinge respondent thereunto, and that day let him drinke no stronge Water, but of the simple, and the next day after the Purgation, let him retourne to take

accordyng

accordyng to the aforesaied order. Taking in the morning and in the euenyng the stronge water with his sweatings, and eatyng and drinkyng the same. Sauyng that in place of a Chiken he may eate halfe a rosted Pullet, or sumwhat more, & this second tyme let hym take it for other xx. daies, in the whiche time he may go rising in his chamber, beyng apparelled and kepte warme. And at the ende of them, hee shall retourne to pourge hym selfe an other tyme, and hee must haue a speciall care to keepe good order, and after hee haue taken the water for other fortie daies, keepyng hym selfe from Women and from Wine especially, and in place of Wine, that he drinke the simple water of the wood, and if hee will not doe it, then drinke of water sodde with Anis seede or Fenell seede, suppyng little at night and eating no flesshe.

The diseases that this water doth heale.

This is the beste waie that the water of the wood should be taken, whiche doeth heale many infirmities incurable, where other Medicines could not doe this effecte, and this water is the beste remedy that is in the worlde, for to heale the disease of the Pore, what so euer or of what kinde so euer it bee, for that it doeth vnroote it, for euer without any more commyng againe. And in this it hath his principall prerogatiue and excellencie, this Water is good for the Dropsy, for the shortnes of breath, for the Falling sickness, for the euill of the Bladder, and of the Raines: for the paynes of the Joyntes: for all euils caused of colde Humors: for vētositie, and for large and importunate diseases, where the ordinarie benefites of Phisitions hath not profited. Chifely it doth profite where the euill disspositions be, that haue proceded at any tyme of the euill of the Pore. There be many that with this wood haue made manye mixtures, makyng Syropes thereof, and surely it doth good effect. But my iudgemente and opinion is, that hee whiche shall take the water of the wood, let hym take it in the maner as it is saide, without any mingling thereof, for that by expe-

perience it hath been seen so to make the better worke, this water maketh good the teeth, makyng them white, and affirmyng and fastning them, by continuall washing of them, it is hot and drie in the second degree.

Of the China.

THe Seconde Medicine that commeth from our Indias, is a roote called the *China*, it doth seeme that I should slaunder it, to say that the *China* is in our Occidentall Indias, commonly the Portingales doe bring in from the Orientall Indias.

By this you shall understande, that Syr Frauncis *De Mendosa*, a worthy Knight, when hee came from the newe Spaine and Peru, he shewed to mee a greate Roote, and other little rootes, and he asked mee what rootes they were, I aunswered that they were Rootes of the *China*, but that they did seeme to mee to bee very freshe. Hee saied to mee, that so they were, and that it was but a little tyme past that thei had been gathered and brought from the new Spaine. I did marueil that they had it there, for I did beleue that in the *China* onely it was, hee saide vnto mee, that not onely there was in the newe Spaine *China*: but that also wee should see brought great quantitie of Spicerie from the place the whiche that *China* came from. And I did beleue it when I sawe the contratation that hee made with his maiestie, for to bring to Spaine greate quantitie of spicerie, that he had begunne to set and to plante, and I sawe græne Ginger brought from thence as also the *China*.

China of our Indias.

Historie.

The whiche is a Roote like to the roote of a cane with certaine knottes within it, is white, & some with the white nesse haue an alborne colour, it is red without, the beste is the freshest, that whiche hath no holes, and if it be weightie, and not worme eaten, and that it haue a fatnes as if it wer congeled, and it hath an vnsauery tast. This Roote doeth

growe

growe in the *China*, whiche is the Oriental Indias neere to *Siria* and *Siricana*. It groweth neere to the Sea, onely with the roote they do profite themselues, with the whiche the Indiãs be healed of greuous diseases. And so they haue it in great estimation, they doe heale all maner of large diseases therewith: and also the sharpe diseases: especially Agues with the Water of it, prouokyng Swets, and by this waie they heale many. It doeth prouoke Swet marueilously.

Historie. It is well neere xxx. yeres that the Portingales brought it to these partes with greate estimation, for to heale all maner of diseases, and in especially the disease of the Pore, in the whiche it hath doen great effectes, and the Water is geuen in this forme.

The maner how to giue the water of the China. The sicke person beyng pourged as is most conuenient, they shall take one of the rootes and cutte them small vnto the thicknes & greatnes of a three peny pece, and so beyng cut: they shall waie one ounce, and caste it into a newe Pot, and thereupon they shall put three Pottels of Water, and it shall be a steepyng there xxiiii. howers, and the Potte beyng stopt, let it seeth at a soft fire of kindled Coales, vntill halfe be sodden awaie, and one Pottell and halfe remaine, and this is to be knowen by the order of the Measure as aforesaide, in the Water of the Wood. And after that it is colde, let it be strained and kept in a glassed vessell. There must bee care taken, that it standc in some hotte or warme place neere to the fire, for that therewith it doeth preserue the better and dureth longer tyme, before it be corrupted.

How it must be taken. The sicke man being put into a cloase conuenient chamber, he shall take in the mornyng fastyng tenne Ounces of the saied water, as hote as he can suffer it, and he shall procure swet, and he shall kæpe it two howers at the least, after the swet he shall be made cleane, and he shall take a Shirte, and cleane clothes, and warme them, hee shall lye two or three howers in the bedde quietly, after he hath sweat. And

after lette hym apparell hymself, and beyng well warmed he shall remaine in his Chamber, in the whiche he shall bee keapt from the colde and ayre, with all the pleasure of good company and conuersation, he shall eate at xi. of the clocke, halfe a Chiken sodden, or a quarter of a Henne, with little Salt. At the beginnyng of Dinner he shall drinke a dishefull of Brothe, and forthwith he shall eate of the Pullet. At the beginnyng a little, and he shall ende with Marmelade. The drinke shall be of the water he tooke in the morning, for that here is no more then one water, hee may at the beginnyng after the Brothe is taken, beginne to eate Reasinges, without their little Graines, or Preunes without their stones, the bread muste be of the Cruste of bread, well baked, or Bisket. If he will drinke in the daie tyme, he may doo it with takyng of a little Conserua, and drinke of the same water, and beeyng eight howers past his Dinner, let him lye downe in his Bedde, and take other tenne Dunces of the same water, the whiche beyng hotte he may take, and procure to sweate, two howers after he hath swet, let hym be made cleane, and take a cleane shirte, and cleane clothes warme, and after one hower let hym sup with Conserua, Reasinges and Almondes, with some Biskette, and drinke of the self same water, and lacke of all Marmelade, vpon the whiche he may not drinke. This he may continue xxx. daies continually, without neede of anye more Purgation then the first, and he may sit vp, so that he go wel cloathed, taking in this tyme all content and mirthe, and keeping hym selfe from all thinges that maie offende hym.

Note. After that he hath taken this water in this sort, he must keepe good order, and good gouernement for forty dayes continually. And he must drinke no Wine, but water made of the *China*, that was before sodden, the whiche they shall keepe after it is sodden, putting it to dry in a shadow place, and that *China* beyng drie, must be kept to make water for other fortie daies, to drinke after the takyng of the water.

Setting

Setting one ounce thereof in three Pottels of water vntill one halfe be sodden awaie, and this water let him drink continually. And aboue all thynges let hym keepe hym self from Women, he muste alwaies haue care, that as well in the water of xxx. daies, as in the water of the fortie daies, that the *China* be in the Water xviij. howers before it bee sodden.

There be many diseases healed with this water, all kind of euill of the Pore, all olde Sores, it doth vndoe all swellinges and knobles, it taketh awaie the paines of the Iointes, that they call the Arthetica Goute, and any other kind of Goute that is in any perticuler member or place, and especially the Sciatica, it taketh awaye olde paynes of the head and of the stomake. It healeth all maner of runnings of Rewmes, it doth dissolue Opilations, and doth cure and heale the Dropsie. It maketh a good colour in the Face, it taketh awaie the Iaundies, and all euill complexion of the Liuer, it doeth rectifie, and in this it hath a greate prerogatiue. And by this meanes these infirmities are healed. It healeth the Pallie and all diseases of Senowes, it healeth all diseases of Urine, it taketh awaie Melancholie, and all infirmities caused of colde diseases. It doeth comforte the stomake, it doth dissolue windes meruellously, also Agues long and sharpe. As quotidians, takyng this water as it is cõuenient, it doeth roote them out, and taketh them awaie. The whiche thing it doeth by prouokyng of swet, in this it doth exceede all other Medicines, and some will say that in Pestilent Agues by prouokyng swet it healeth them. It is drie in the seconde degree with very little heate, the which is seen by the other Waters of the Woode. And *Sarcaparillia* whiche doth heate and geueth drieth: this doth not, nor leaueth any impression of heate.

The diseases that be healed with this water.

His complexion.

Surely it is a notable Medicine, in the whiche I haue founde greate effectes for the Diseales whiche I haue spoken of.

Note.

Of the Sarcaparillia.

The tyme since that the Sarcaparillia came.

HE *Sarcaparillia* is a thyng come to our partes after the *China*. It may be twenty yeres that the vse therof came to this City. It first came from the new Spaine, and the Indians did vse it for a great Medicine, with the whiche they did heale many & diuers diseases.

The description of the Sarcaparillia.

It is a Plant whiche doth cast many Rootes vnder the grounde, beyng of a yearde long, and of the colour of a cleare Tawnie, and some tymes the Rootes goe so deepe: that to take them out all, it is needefull to digge a mans length. He doth caste certaine bowes full of knots, that quickely they doe drie, and we know not that they haue caried flowers of fruite.

Sarcaparillia of the Hũduras.

After that the *Sarcaparillia* of the newe Spaine was founde: there was also found in the Hunduras, an other sort beyng better, and of better effectes, it is knowen to bee of the Hunduras, because that it is of colour Tawny, and groser then that of the newe Spaine, the whiche is white and sumwhat like to yeallowe, and more small, and so the *Sarcaparillia* that is most like to blacke is best.

Chosing of it

It ought to be fresh, and in this is all the goodnes therof, it is knowen to be fresh by not beyng wormе eaten. For that the freshe breakyng of it at the length, in the middest it maketh a runnyng out to the ende, and casteth out no duste, and the heauier it is, the better it is.

Of the name

The Spaniardes did call it *Sarcaparillia* when they saw it. For the greate likenes that it hath with the *Sarcaparillia* of these partes. I haue it for certaine that the *Sarcaparillia* of these partes, and of the Indias, is all one, and the verie same that oures is. The which I haue experimented many tymes, and oures doth the effect that the *Sarcaparillia* of the

newe

new Spaine doth, and it is like vnto that of the *Honduras*, it is of a bitter taſt, and not very ſharpe, and the water that it doth caſt from it hath no more ſauour then barley water hath.

The vſe of this hearbe at the firſte did differ much from that as is nowe vſed, for that they gaue it as the Indians did, in the healyng of their ſicke folkes, and ſurely it did very greate effectes. But the delicatenes of oure tyme doeth cauſe that it ſhould bee vſed and geuen as the Water of the Wood is, at the beginnyng they tooke of the *Sarcaparillia* muche quantitie, more then halfe a pounde, and did cut it ſmall and breake it, and caſt it in a quantitie of water, and beyng well wet they did beate it in a Morter a good while, in ſuche ſorte that it was made like to a Jelye, and they did ſtraine it, preſſyng it verie well, for there came out of it the likenes of a thicke Drinke. And of that they tooke in the mornyng hot, one good Cup full, and then the Pacient clothed hym ſelfe well, and ſwet two howers, and if in the daytyme they woulde drinke any thing, it ſhould be of the ſelfe ſame thicke drinke, ſo made by erpreſſion hot, and then they ſwet as muche as in the mornyng. This order they had for three daies continually: without eatyng or drinkyng of other meate, ſauyng onely that thicke drinke, taken out by preſſing or ſtraining of the *Sarcaparillia*, and after this ſorte I gaue it at the beginnyng many tymes, and ſurely it did greate effecte, and many ſicke people did better heale, then they doe now with this other faſhion.

How it was vſed in the beginning.

Take this for three daies.

After there was an other forme and maner to giue it, and is that whiche is nowe vſed, in this ſorte, thei take twoo ounces of *Sarcaparillia*, thei waſhe it and cut it ſmall, and then thei put it into a newe yearthen pot, and thereupon thei put three pottelles of water, and thei put it in the water to ſteepe twentie and fower howers, and after the potte beyng well ſtopte, it muſt ſeeth on a ſofte fire of kindled coales, vntill the twoo pottelles bee ſodden awaie, and the

The faſhion how it it now vſed and geuen.

the one remaine, the whiche maie bee knowen by the order of the measure, that wee spake of, and when it is colde, let it bee strained into a glassed vessell, and vppon the selfsame *Sarsaparillia* that is sodden: Let there bee so muche water caste, that the potte bee filled, and let it boyle a reasonable tyme, and kept in a vessell glassed.

The maner how to geue it.

And the sicke manne beyng purged, as it semeth moste conuenient, and placed in a warme chamber, he muste take in the mornyng ten ounces, of the first water of the *Sarsaparillia*, and he must sweate at the least twoo howers, and after sweate he must be made cleane of his swette, and take a warme shurte, and warme clothes, and the same he muste doe at night, eight howers after he hath eaten his Dinner, chaungyng his shurte, and hotte apparell. He muste dine at a leuen of the Clocke, and Suppe one howre after he hath sweate: at night eatyng nothyng but Reasynges, Almondes, and Biskette, and drinke of the seconde water. Lette hym kepe this order fiftene daies, and if he bee weake, giue hym a little rosted chiken, and increasyng it in the processe of tyme, at the least he muste kéepe his bedde nine daies: At the first beginning and the reste in his chamber, kept from colde, and from ayre, and at the fiftene daie he must bee purged, with a softe and an easie medicine, and likewise at the thirtie daie, in suche sorte, that all the order that wee haue saied bée kepte, as in the maner of the takyng of the water of the woodde. And like wise after the thirtie daies, he must haue good gouernmente, for other fourtie daies, not drinkyng any wine, but simple water made of the said *Sarcaparillia*, and kéepyng hym selfe from women. This is the ordinarie maner in takyng of the water of *Sarcaparillia*, whiche at this daie is vsed, and because I haue experience of other waies, that bee of greate secrete, and of greate effectes, I will write them here, for because all whiche is in the *Sarcaparillia* maie bée saied and declared: seyng it is the Medicine that is moste vsed, and that wée doe see in it so

greate

greate effectes.

I doe make a Sirupe, that many yeres hath been celebrated, and had in estimation in this citie, and in all Spain for that it is xxvj. yeres that I did vse it for the desease of the Poxe, and for other infirmities, the whiche dooeth not heate, nor inflame, but with greate temperature, according to his graduation, it worketh his good effectes. The firste, for whom this thyng was ordained and deuised, was for *Pantelion de Negro Ienoues*, who was cured of many Phisitions, and hauyng taken the water of the woodd, and other Medicines, he was well nere consumed: and with a greeuous swellyng sore vpon his shinne bone, and great paines in it, he tooke it, and healed verie well. This sirupe I haue vsed to many people, for the infirmitie that the *Sarcaparilla* dooeth profite for, and the woodde, and for many other, and it hath a good worky ng by degrees: for that the drinesse of the woodde is taken awaie, and the heat of the *Sarcaparilla*, and it is made in this forme. *A Sirupe or drinke of Sarcaparilla most excellēt*

There must bee taken twoo ounces of *Sarcaparilla*, and fower ounces of *Paulo Sancto*, whiche is the holie woodde, prepared as it is saied, and three dozen of *Acofeifas*, a fruite of Spaine, without their stones, and twoo dozen of Prunes, without their stones, and halfe an ounce of the flowres of Burrage, and an other halfe ounce of Violettes and some graines of Barley made cleane, that is to saie, the huskes taken awaie. All these thynges lette theim bee caste into three pottelles of water, and lette theim bee sodden on a softe fire, vntill it come to one pottell, and then let it bee strained, and to tenne ounces of this seethyng, lette there bee putte one ounce of the Sirupe of Violettes. Let it be taken hotte in the morning, and at night in the order as is saied. In the rest of the water, keppng swēte if there bee any, and although there come little, yet thei heale. Thei maie eate a little Chicken from the first daie, with the rest of the diet, and drinke the simple water of the *Sarcaparilla*: *The description of the Sirupe or drinke.*

whiche is to bee made with halfe an ounce of *Sarcaparilla*, sodden in fower pottelles of water, vntill one or somewhat more, bee sodden awaie.

The thynges that this drinke doeth profite in.

This order dooeth heale all kinde of euill of the Pore, and all the infirmities that we haue spoken of, that the water of the woodde doeth heale, and the *China*, and the *Sarcaparilla*. And to repeate it, it shall bee to long and to prolixious, because it is sufficiently declared before. For surely in this simple water, and in the foresaied decoction, I haue founde greate effectes, as well in the infirmities where is suspected the euill of the Pore, as in large and importunate deseases, the whiche the cõmon remedies of Phisicke hath not profited, although thei proceaded not of the Frenche Pore, it dooeth cure and heale theim, as it is seen by the woorke of hym that vse it.

An other drinke of the Sarcaparilla

There is an other Sirupe to bee made of the *Sarcaparilla*, whiche is: takyng eight ounces of *Sarcaparilla* beyng broken and cutte, and seeth it in fower pottelles of water, vntill three bee sodden awaie, and the one remaine, and in the water as shall remaine, putte to fower pounde of Suger, and make it a perfecte Sirupe. And of this Sirupe, take three ounces in the Mornyng, and three at Night, eatyng good meates, and Suppe little, and drinke onely the simple water of the *Sarcaparilla*, and goyng abroade out of his house, doyng his businesse. There is healed therewith many deseales of the saied, without giuyng any molestatiõ in the healyng of theim. And this muste bee taken till the Sirupe bee all consumed.

The thynges that this drinke healeth.

Sarcaparilla in pouder.

Also this *Sarcaparilla* is taken in pouder, in this maner. Thei take the *Sarcaparilla*, and take awaie from it the harte within it, and drie it and grinde it, and thei dooe sifte it through a Seeue of Silke, and maketh it in pouder. Of this pouder is taken in the infirmitie of the Pore, or spice of them, takyng the waight of fire pence of the pouder, and drinkyng it with the simple Water of the *Sarcaparilla*, tak-

kyng

kyng it in the Morning, and at Night as muche when he goeth to bedde. He muste eate good meates, and drinke no Wine, but the simple water thereof. It shall dooe well he bee pourged that shall beginne to vse it.

And although that this pouder dooeth heale many deseases large and tempozall, one cure it doeth marueilously whiche is the salte Fleume of the handes and feete, in this forme. The sicke manne beeyng pourged, and also without purgyng, if he can not otherwise doe, he shall take the pouder, as it is saied, and in the salt Fleume, he shall put with a Feather, a litle of the water of *Sublimatum*, watered with Rose water, that it be verie simple, and after it is put in all partes where the salte Fleume is, then let there bee put vpon it a plaister, that is called of *Willyam Seruentis*, or *Dia Palma* spread abrode thinne vpon Sattin or Tafeta, putte in all partes where the simple water of *Sublimatum* is put. This must bee dooen euery daie, for that in fiftene daies he shall bee perfectly whole. This doeth mundifie and dooeth incarnate, and doeth skinne without haupng neede of any other Medicine, ioyntly with the Pouder and the simple water of *Sarcaparilla*, whiche wee haue spoken of. This is of so greate effecte, and experimented, as thei shall see by the worke that shall vse it, for surelie thei shal bee whole.

The Salte Fleume is cured herewith.

The vse of the water of the *Sarcaparilla* is so greate at this daie in this forme, as is saied, that it is applied to any desease, and it is come to so muche, that in any maner of Reumes or runnynges, or windinesse, the euill of women, of the Mother, or any other caule or occasion what soeuer, so that it bee not in Feuers or other sharpe deseases, for the whiche thei take the simple Water of the *Sarcaparilla*: and this is at this daie so put in vse, that in like sorte you shall finde sodden water of *Sarcaparilla* beeyng simple, in many houses, as ordenarie water in yearthen vesselles, and surely it doeth greate effectes, and doeth remedie large and importunate deseases. Truthe it is, that to the persones that

The vertue of the water of Sarsaparilla.

bee hotte of complexion, it dooeth heate them more then is conueniente, and so thei can not drinke it, and moste of all if that the Liuer be very hotte, for that it heateth to muche.

In womens deseases, as well of the Mother, as of colde humours, it dooeth good effectes, and doeth marueilouslie dissolue windes. And in persones that be subiecte to muche euilles, and especiall of Reumes, and olde greeffes and deseases caused of euill humours, and if thei run this course, with the continuaunce thereof, thei shall receiue manifest profite and benefite, and it dooeth heale all deseases whiche thei neuer thought to heale of. His complexion is hott and drie well nere in the seconde degree. All these waters must bee giuen in Sommer, or in the ende thereof: it is better that it excede in heate then in colde.

¶ Of the blood Stone, and of the Stone for the deseases of the Stone of the Kidneis and Raines.

The stone of the Blood.

There doe bryng from the newe Spaine, twoo stones of greate vertue, the one is called the Stone of the Blood, and the other is a Stone for the desease of the Stone in the Kidneis and Raines. The Blood stone is a kinde of Jasper of diuers coullours somewhat darke, full of sprincles, like to blood, beeyng of coullour redde, of the whiche stones the Indians doeth make certaine Hartes bothe greate and small.

The vse thereof, bothe here and there, is for all fluxe of blood, of what partes so euer it bee, of the Nose, or of the Wenstrues, or of the Piles, and of Woundes, or of that whiche is caste out at the mouthe. The stone must be weate in colde water, and the sicke manne muste take hym in his right hande, and from tyme to tyme weate hym in colde water.

ter. In this sort the Indians doe vse thē. And as touchyng the Indians, thei haue it for certaine, that touchyng the same stone, in some parte where the bloud runneth, that it doeth restraine and in this thei haue greate truste, for that the effecte hath been seen. It dooeth profite also haupng it holden, hanged, or tied in the same parte where the blood runneth, so that it touche on the fleshe. Of this stone wee haue seen greate effectes, in staunchyng of blood. And some that doe suffer the Hemeroidall fluxe, haue remedied theim selues with makyng Rynges of this stone, and wearyng them continually vpon their fingers. And also in the Menstruall fluxe of women.

The other Stone, whiche is for the desease of the stone in the Kidneies or Raines, the finest of them are like vnto *Plasma* of *Esmeraldes*, whiche is likened to greene with a Milkishe couller, the greatest is the beste: thei bryng them made in diuers formes and fashiōs, for so the Indians had them in olde tyme, some like to fishes, other like to the heddes of birdes, other like to billes of Popagaies, other like to rounde Beadstones, but all pearsed through, for that the Indians did vse to weare theim hangyng for the effecte of the griefe of the stone or stomacke: for in these twoo sickenesse it doeth marueilous effectes.

The Stone for the desease of the grauell stone in the kidneis or raines.

The chief vertue that it hath, is in the paine of the stone in the Kidneis and Raines, and in expellyng of Sande and stone. In so muche that a gentleman whiche had one of thē here, the best of them that I haue seen, haupng put it to his arme, he dooeth make hym to expell and caste out muche sande, that many tymes he doeth take it awaie, for that he thinketh that it dooeth hurte hym for to put out so muche, and in takyng it awaie, he ceaseth to caste any from hym, when he feeleth the paine of the stone, and puttyng hym to againe, it doeth take it awaie incontinente, with expellyng of muche Sande and smal stones. I haue seen it carried to persones that haue been gricued with greate griefe, and

paines of the saied desease, and puttyng it to them, thei doe forthwith expell the sande and the little stones, and remain cleare thereof.

A propertie hidden.

This stone hath a propertie hidden, by the whiche meanes he doeth greate effectes, to preserue that thei fall not in to the paine of the saied desease, and after it is come it taketh it awaie, or diminisheth it. It doeth make the sande to bee expelled in greate aboundance, and likewise stones. It taketh awaie the heate from the raines of the backe, it profiteth in griefes of the stomacke, put to it: and aboue all it preserueth from the saied grief.

My Ladie the Ducheſſe for that she had in shorte tyme three tymes, exceedyng paines of the stone, she made a bracelet of them, and she vsed to weare it at her arme, and sithēce she put them to her arme, she neuer had more paines of the Stone, and so it hath happened to many other that had the like benefite, for the whiche thei are muche esteemed, and now thei bee not so sone had, as at the beginnyng: for that these stones onely the gentlemen, and richmen haue them, and with reason, because thei do suche marueilous effectes. An other stone there is that doeth heale the falt Fleume, the whiche I doe knowe by heare saie, but I haue seen none of theim.

Of the VVoodde for the euilles of the Raines, and of the Urine.

ALso thei doe bryng from the newe Spaine, a certaine woodde that is like vnto the woodd of a Peare tree, grosse and without knottes: the whiche thei haue vsed thereof many yeres in that partes, for the paines of the Raines and of the Stone, and for the infirmities of the Urine.

The firste tyme that I sawe it vsed (maie bee aboute xxvb. yeres paste) there was a Pilot that was sicke of the Urine,

Urine and of the Raines, and after that he had bled it, he was whole and very well. And sithence that tyme I haue seen that many haue brought it from the newe Spain, and thei doe vse it for these remedies.

For them that doeth not pisse liberally, and for the paines of the Raines, and of the stone, and for theim that doeth pisse with paine, and for theim that dooeth pisse little. And now the thyng hath extended for opilations, for that the water thereof doeth cure and heale them, and also of the Lunges and the Liuer, and this hath been founde within these fewe yeres, and thei doe finde in it notable profite. The water is made in this forme. *For thē that it doeth profite.*

Thei doe take the woodde, and doe make it in small peces verie thinne, and small as it is possible, and thei putte theim into cleare water of the Fountaine, whiche is verie good and cleare, and thei leaue it so vntill the water bée sokened into it: and in puttyng the woodde into the Water, within halfe an howre the water doeth beginne to chaunge it self into a blewe couller verie cleare, and the longer that it lieth in the water, so muche the Blewer it tourneth, although that the woodde bée of a white couller. Of this water thei dooe drinke continually, and therewith thei vse to water their wine, and it doeth marueilous and manifest effectes, without any alteration, so that it is needefull but onely good gouernement and regimente. The water hath no more sauour then although that there were nothyng caste into it, for that the woodde doeth chaunge nothyng. His complexion is hotte and drie in the first degree. *How the water is made.*

Of the Peper of the Indias.

I Will not let to speake of the Peper that thei dooe bryng from the Indias, that not onely it serueth for Medicine, but it is moste excellente, the whiche is knowen in all Spaine, for there is no Gardeine, nor Orcharde, but that *Of the peper*

that it hath plentie thereof in it, for the faireneſſe of the fruite that it bryngeth forthe.

The deſcription of the Plante.

It is a greate Plante, in ſo muche that I haue ſeen in this citie ſome that was equall with ſome Trées. It doeth caſte the leaues Greene, after the faſhion of Baſill of the biggeſt ſorte. And it caſteth out certaine white flowers, of the whiche commeth out the fruite, the whiche is in diuerſe formes: ſome Peper bee long, other rounde, others of the makyng of Mellons, others of Cherries, but all bee at the beginnyng when thei bee not ripe verie Greene, and beyng ripe verie redde, and with a gracious and good coullour.

The vſe of it

Thei are vſed in all maner of meates and Potages, for that it hath a better taſte then the common Peper hath. Made in peeces, and caſte into the brothe it is an excellent ſauce, thei doe vſe it in all that whiche the aromatike ſpice is vſed, whiche is brought from *Maluco*, and *Calicut*. It doeth differ from that of the Eaſte Indias, for that coſteth many Ducattes: the other doeth coſte no more but to ſowe it, for that in one plante you haue ſpice for one whole yere, with leſſe hurte and more profite.

The vertues that it hath.

It dooeth comforte muche, it dooeth diſſolue windes, it is good for the breaſte, and for theim that bée colde of complexion: it dooeth heale and comforte, ſtrengthenyng the principall members. It is hotte and drie, well nere in the fowerth degree.

Note.

Thei doe bryng from diuers partes of our Indias many pourgatiue Medicines, that hath been founde and diſcouered with the tyme, the whiche their workes and effectes are greate: of the whiche I will giue here a ſhort relation, that it maie bee a foreſight, for to treate of the Roote of *Mechoacan*, whiche was our principall intente now to write of.

¶ Of the Cannafiſtola.

There

THere doeth come from the Ilandes of *Sancto Domingo*, and from *Sanct Ihon de Puerto Rico* greate quantitie of *Canafistola*, and it is so muche, that not all Spaine is prouided of it, but all Europe, and well nere all the worlde, for that from Leuant, from whence it was accustomablie brought, now there goeth thether more Shippes loden with it, then commeth Iron from Bilkeye. That whiche commeth from our Indias, is muche better in comparison then that whiche is brought from the Easte India to Venis, and that whiche the Galleons doeth carry from thence to Genoua, and frō Genoua to Spaine, for when the Merchantes brought it hether, it could not bee good, for that it was very small, and also it was not ripe, and with so long tyme it came so corrupted, that it did profite little. *Canafistola.*

This of ours that thei bryng from *Sancto Domingo*, and Sainct Ihon is ripe, greate, full, weightie, honilike, and frelhe. In so muche that many tymes it commeth in sixtie dales after it is gathered, and being frelhe, it is of so gracious and good taste, and not of that horrible smell, as that of Leuante was, and so it doeth his woorke farre better, and with more facilitie. *The description of it.*

This *Canafistola*, and the woorke thereof is of greate securitie, it purgeth gently, without any alteration. And dooeth auoide principally Choller, and after Fleume, and that as is in the waies and the Guttes. It dooeth temper them muche that taketh it, also it purifieth the bloodde, it doeth many good woorkes in all kinde of deseases, in especially in the paines of the Raines, and of vrine, beyng takē twoo howers before supper. And in reumes it doeth great profite, being taken twoo howers after Supper, and easily it doeth cure the euilles of the breast, that whiche hath bēn of long continuaunce, and greefes of the side, beyng taken with sirupes for the breaste, & beyng applied outwardly vp the Osle of sweete Almondes, it taketh awaie the greuous *The vertue of the Canafistola.*

deseases of the Lunges, and greefes of the Raines. It is good in hotte Feuers, and vsyng it continually before supper or Dinner, it staieth the ingendryng of the stone, it taketh awaie the drieth: it is moiste in the firste degree, it declineth to heate, although it bee little, it is dissoluatiue, it clarifieth the blood, and breaketh the sharpenesse thereof, and of the red coller, thei haue bēn in the Indias since it is discouered some thereof so weightie, that one codde waieth fiue shillynges, beeyng taken out by the Sæue, and fower ounces in weight the whole cane.

The quantitie that is giuen of it.

Of the purgatiue Nuttes.

Of the purgatiue Nuttes.

AT the beginnyng that thei did discouer the Indias, thei brought from *Sancto Domingo*, certaine Nuttes beyng three cornered, with the whiche the Indians did pourge themselues withall, and it was vnto them a familiar pourgation. And afterwardes the Spaniardes, for necessitie did purge thē selues with them, with hazarde enough of some of them, for with the vse thereof, many thought to lose their liues, for that it is a strong pourge, and although that he doeth make a greate excesse of stooles, it doeth also prouoke vomitte very strongly, and with muche violence, with greate faintnesse and heauinesse, afterwarde some did rectifie theim by tossyng of theim. And then thei bee not so violent, nor so strong, nor doeth his woorke with so muche cause of faintnesse. Thei doe pourge Fleume very strongly, and after Coller. It is an excellente Medicine for the Collike, it doeth dissolue windes, puttc in a glister it doeth euacuate reasonably.

That whiche these Nuts do pourge.

The description of the Nuttes.

His maner and coulour is as our Nuttes bee, with a thinne rinde, of the coulour of a cleare Baye, thei are three cornered, the carnell within is white, and swēte, so muche that for his swētnesse, there bee many that hath bēn mock-

ked

ked with it. The Phisicions doeth call theim commonly *Ben*, of whiche there are twoo sortes, one thei call Greate, and the other Little: The greate *Ben* bee these purgative Nuttes, the little *Ben* bee as greate as our Peason, of the whiche in Italie thei make that oile of sweete smell, which thei call oile of *Ben*, with the whiche thei do annoynt their Heare, and Beardes for dilicatenesse. His complexion is hotte in the beginnyng of the third degree, and drie in the seconde. His weight is of halfe a dragme unto one, but thei must bee tosted. *Ben.*

Of the Purgatiue Pinions:

The description of them.

Thei doe bryng from the newe Spaine certain Pinions or Carnelles wherwith thei Indians did pourge themselues, they bee like to our Pinions, the whiche doe grow out of our trees, beyng greate after the fashion of the wheate of the Indias, the shale is not so harde as ours is, they are sumwhat more blacke, they be round: and within very white, fattie, and sweete in taste. Thei doe pourge valiauntly Fleame and Collor, and any maner of waterishnes, they are a more easie Medicine, then the Nuts be, they doe pourge by stoole, and by vomit, and if they be tosted they doe not pourge so much, nor with so muche faintnes. They doe pourge of their one nature grosse Humors, it is a Purgation muche vsed amongest the Indians, beyng ground and dissolued with Wine, hauyng firste taken preparatiues that doe deuide the humor, that he doeth pretende to euacuate, and vsing a conuenient Diet, they take of them fiue or sixe more or lesse, conformably to the obedience of the stomacke, of him that shall take them.

How they pourge.

How they be taken.

Ordenarily they do tost them, for so they be more gentle and lesse furious, it is needefull that he whiche doeth take

them, be kept as one beyng pourged.

They be geuen in large infirmities, and where thete be grosse humors, they be hot in the thirde degree, and drie in the secõde with some fatnes, whiche doeth take awaie sumwhat of the drines.

Of the purgatiue Beanes.

Beanes like to ours.

FRom *Cartagena*, and numbre *de Dios*, they doe bryng certaine Beanes like to the fashion of ours, sauyng that they be sumwhat lesse, and of the colour and makyng of oures, they haue in the middest of the Beane that doth deuide the two halues, one little thinne skinne, like to the skinne of an oynion.

How they be taken.

They doe take them from their shale, and from the inner thinne skinne, and doe tosse them and make them pouder, and doe take them with Wine, and made Pouder and mingled with Sugar, taking one sponefull of the pouder, and vppon that a little draught of Wine, they doe pourge without molestation Coller and Fleame, and grosse mixt humors. And amongest the Indians they are of greate estimation, for the easines that they haue in the takyng of them. Many Spaniards doe pourge with them with much securitie, and it is a Medicine more easie and gentle then that aforesaide.

Historie.

I haue seene manie that haue come from those partes, pourge them therewith, and succeede to them verye well, and pourge without greife.

Note.

And they must be aduised that there muste be taken from thẽ that little skinne that is in the middest of the ij. halfes of the Beanes, For if they take it, the streugth of it is so muche greate and vehement of Vomites and stooles, that they put in greate hasarde hym that shall take it. And also they muste haue care to tosse them, for that it doth prepare them, and delay muche of the sharpenes, and fearsenes, the

whiche

whiche muste bee generall in this Medicine, and in all the reste. For that to tost them is the true preparation of them, after the takyng of any of the aforesaide Medicines, hee muste sleepe nothyng, it is needefull that hee keepe greate watche beyng pourged, in all that whiche is to be seen in a man pourged maye be conuenient.

The Beanes be geuen prepared: in Feuers beyng large and importunate, and in diseases of mixte humors, beeyng grosse and in the paines of the Joyntes, and it is a vniuersall Purgation, they be hot in the seconde degrée, and drie in the first, there be geuen of them from fower to sixe, tosted more or lesse, as the obedience and sufferaunce of the bellie is of hym that shall take them. *His workes and effectes.*

Of the Mllke Pinipinichi:

IN all the coaste of the firme land thei do take out a certain kind of Milke, of little Trées, like to Apletrées, whiche the Indians do call *Pinipinichi*, of the which cuttyng one bough there commeth forthe whereas it is cutte, a certaine kinde of Milke sumwhat thicke and clammy, and takyng three or fower dropes thereof, it doth pourge valiauntly, by the stoole principally Colericke Humors, and Setrine water, and it doth worke with much vehemence and redily. *Of the Pinipinichi.*

It muste be taken in Wyne, or dried into pouder in litle quantitie, for that his worke is of moste strength, it hath one thyng that in eatyng, or drinkyng of Broth or wine or other thyng forthwith it worketh no longer, & he that doth take it hath neede of good watche and good order, it is hot and drie in the thirde degree. *How it is taken.*

All these Medicines which we haue spoken of, be violent and

and of greate force, and they haue not been muche vsed sithhence the *Mechoacan* hath come, for that in it there is found a worke more suer, and with this not onely in vs, but in all the Indians, they haue runne to it, as vnto a Pourge most excellent, of the whiche we will treate now.

Of the Mechoacan.

Note. Mechoacan. His riches and increase

THe *Mechoacan* is a Roote that it may be about xxx. yeres that it was discouered, in the Prouince of the newe Spaine, in the Indias, of the Occian Seas, it is brought from a countrie that is beyonde the greate Citie of *Mexico*, more then fortie leages, that is called *Mechoacan*, the whiche Syr Fernando Curtes did conquer, in the yere of 1524. it is a countrie of muche Riches, of Gold and chiefly of Siluer, and it is vnderstoode that in all that countrie is siluer. For more then 200. Leagues, here those Mynes be so celebrated and of so muche riches, that they be called the *Caatecas*, euery day they goe discouerynge in the Lande verie riche Mynes of Siluer, and some of Golde, it is a countrie of good and holsome ayres, and doth bring forth healthfull Hearbes for to heale many diseases, in so muche that at the tyme the Indians had the gouerment of it, the inhabiters there rounde aboute that Prouince, came thether to heale their diseases & infirmities. For the said causes, it is a countrie verie fruitfull, and of great aboundance of bread, wilde foule, and fruites. It hath many Fountaines, and some of sweete waters, whiche hath muche aboundaunce of Fishe, the Indians of that countrie be of a taller growthe, and of better faces then the Borderers are, and of more healthe.

Situation of Mechoacan

The principall place of that prouince the Indians doe call

call in their language *Chincicila*, and the Spaniardes doe call it as thei call that realme *Mechoacan*, and it is a great toune of Indians, situated nere to a lake, which is of swete water, and of verie muche Fishe, the same Lake is like the fashion of making of an horse shewe, & in the middest thereof standeth the Towne, the whiche at this daye hath greate trade of buiyng and sellyng, for the great Mynes of Plate that is in all that countrie.

As sone as that Prouince was gotten of the Indians, there went thether certaine Friers, of Saincte Frances order, and as in a Countrie so distaunt from their naturall soyle, some of them fell sicke, amongest whom the Warden, who was the chief Frier of the house fell sicke, with whom (*Cacancin Casique*) an Indian lord, a man of greate power in that countrie, had very greate frendship, who was Lorde of all that countrie, the father Warden had a long sicknes and put to muche danger of life, the *Casique* as he sawe his desease procede forward, he saied that he would bryng hym an Indian of his, whiche was a Phisition, with whom he did cure hym self, and it might bee, that he would giue hym remeady of his desease. The whiche beeyng heard of the Frier, and seyng the little helpe that he had there, and the want of a Phisition, and other thynges of benefite, he thanked hym, and saied vnto hym, that he should bryng hym vnto hym: who beyng come, and seyng his desease, he saied to the *Cacique*, that if he tooke a pouder, that he would giue hym of a roote, that it would heale hym. The whiche beeyng knowen to the Frier, with the desire that he had of healthe, he did accepte his offer, and tooke the pouder that the Indian Phisition gaue hym, the nexte daie, in a little Wine, with the whiche he did pourge so muche, and without paines, that the same daie he was muche lightned, and muche more from that time forward, in suche sorte that he healed of his infirmitie. The rest of the Friers whiche wer sicke, and some Spaniardes also that were sicke, did folowe *Historie.*

lowe the father Wardeins cure, and tooke of the selfe same pouder once or twise, and as ofte as thei had neede of, for to heale them. The vse of the whiche went so well with them, that all thei healed the Friers did sende relation of this, to the Father Prouincial to *Mexico* where he was: who did communicate with those of the countrie, giuyng to theim of the roote, and comfortyng them that thei should take it, because of the good relatiõ, that he had from those Friers of *Mechoacan*. The whiche beyng vsed of many, and seyng the marueilous woorkes that it did, the fame of it was extended all abrode, that in shorte tyme, all the countrie was full of his good woorkes and effectes, banishyng the vse of Rubarbe of Barbarie, and takyng his name, nauyng it *Ruibarbo* of the Indias, and so all men dooeth commonly call it. And also it is called *Mechoacã*, for that it is brought from thence, and gathered in the Prouince called *Mechoacan*. And not onely in *Mexico*, and in that Countrie thei doe take it as the moste excellent purgation, & left al other: but also in *Peru*, and in all other partes of the Indias, thei vse no other thyng, neither thei pourge with any other pourge, and thei take it with so muche truste and easenesse, that when thei take it, thei thinke to haue certainly their healthe, and so thei doe carry it from the newe Spaine, as Merchandise of very greate price.

Ruibarbe of the Indias.

Historie. It maie bee thirtie and fower yeres paste, when I sawe it here the firste tyme. When one *Pasquall Catano* a Genoues, came from the newe Spaine, he fell sicke at his comyng, and as I did cure hym at the tyme that I would pourge hym, he saied to me that he brought a Rubarbe from the newe Spaine, that was a verie excellente Medicine, with the whiche all thei of *Mexico* did pourge theim selues, and that it was called Rubarbe of *Mechoacan*, and he had been pourged many tymes therewith, and that it had succeded very well with hym, and if he should take any pourge, he would take that, of the whiche he had experiẽce.

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I did cause hym vtterly to forsake the vse of suche like new Medicines, of the whiche there was nothyng written nor knowen. And did perswade with hym to pourge with the Medicines that wee had here, of the whiche there was so greate experience and knowledge, and written authours. And he did graunte to my wordes, and pourged hym selfe with a pourgation that I gaue hym, euen as it was conueniente for his desease, with the whiche although that there did followe hym notable lightnesse, and profite, yet he was not cleare of the desease in suche sorte, that it was necessarie to pourge hym an other tyme, and when we came to the seconde pourgation, hé would take none other but his owne Ruibarbe of *Mechoacan*, with the whiche he did purge so well, that he remained whole, and with no desease, and although that the effecte did like me well, I did not remaine satisfied, vntill many other that came at the same tyme, and fell sicke, did pourge with the saied *Mechoacan*, and it went very well with theim, because thei were accustomed to pourge therewith in the newe Spaine, and seeyng his good woorkes and so many, I beganne to see it, and to pourge many therwith, giuyng credite to his good effectes.

The vse in al partes of the Mechoacan.

And so with these that I did make experience of here, as with the relation, and greate credite of theim, that came out of the newe Spaine: in so muche that the vse thereof hath spreade abrode, that it is a common thyng in all the worlde, and thei doe pourge therewith not onely in the newe Spaine, and the Prouinces of the Peru, but in our Spaine, all Italie, Almaine, and Flaunders. I haue sent relation thereof, well nere to all Europe, as well in Latine as in our tongue.

The greate quantitie of Mechoacan that is vsed.

The vse thereof is so muche, that thei bryng it for chéef Merchaundise, in great quantitie, and it is solde for great sommes of money: In so muche that a seller of Drugges tolde me, besides that he had solde for the citie, he had solde

hoythe of the Citie in the laste yere, moze then tenne kintales of it, whiche is a thousande pounde weight, so that now thei aske foz Ruibarbe of the Indias, foz that it is so familiar, that there is no Housebande man that doeth not vse it, as a moste sure Medicine, and of greate effectes, because foz that kinde of Pourgation, there is no neede of a Phisition, whiche is that, as vnto all menne geueth moste content, and a thyng determined, and appzoued foz good.

I haue talked with many of them that hath come from the newe Spaine, and in especially with theim that hath been in *Mechoacan*, of the fashion of the plante that doeth carry this Roote, and what fozme and figure it hath, the whiche thei dooe bzyng from the Countrie, within 40. leages of beyonde *Mechoacán*, frõ a countrie whiche is called *Colima*, and thei haue so little care, seeyng that thei dooe beare their pzincipall intente, vnto their interes and gain, that thei knowe no moze thereof, but that the Indians in *Mecheocan* doeth sell it theim, the rootes beyng dzie and cleane, as hether thei doe bzyng them, and the Spaniardes doe buye them, as a kinde of Merchandise, thei sende them to Spaine.

And surely of this we are woythie of greate repzehension, and seeyng that there is in the newe Spaine, so many Hearbes, and Plantes, and other thynges Medicinable, of so muche impoztaunce, that there is not any that wziteth of theim, noz it is vnderstoode, what vertues and fozmes thei haue, foz to accoyde them with ours, that if thei had a desire foz to searche out, and experiment so many kinde of Medicines, as the Indians doeth sell in their Market places and Faires, it would bee a thyng of greate pzofite, and vtilitie: to see and to knowe their pzoperties, and to experiment the variable and greate effectes, the whiche the Indians dooeth publishe, and manifeste with greate pzoofe, that emongest theim selues, thei haue of theim: and thei of our part, without any consideration do refuse it, and suche

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as doeth knowe their effectes, thei will not giue vs relation, nor knowledge what thei are, nor write the efficacie and maner of them.

Historie of the Plant of Mechoacan.

And goyng to searche after the Place of the Roote *Mechoacan*, a passenger that was come from that Prouince, did aduertise me that a Frances Frier, that was come from that countrie, had brought it in the ship where he came, the proper Hearbe greene of *Mechoacan*, in a greate barrell, and with muche care: and he brought it frō beyonde *Mechoacan*, and that he had it in the Frierie of S. Frances of this Citie, and hearyng thereof I did receiue greate contentment, and so I went forthewith to the Frierie, and at the doore of Infermerie, or house for the sicke people of this Frierie, there was a thyng like to halfe a pipe, in the whiche there was an herbe very greene, whiche thei saied was the *Mechoacan*, that the Frier had brought frō the newe Spaine, not with little labour. It is an herbe that goeth creepyng vp by certaine little Canes, it hath a sadde greene coulour, he carrieth certaine leaues, that the greatnesse of them maie bee of the greatnesse of a good porenge dishe, that is in compasse rounde, with a little point, the leaffe hath his little Senewes, he is small, well nere without moisture, the stalke is of the coulour of a cleare Taunie. Thei saie that he dooeth caste certaine clusters, with little Grapes, of the greatnesse of a Coriander seede whiche is his fruite, and dooeth waxe ripe by the Monethe of September: he doeth caste out many bowes, the whiche doeth stretche a long vpō the yearth, and if you doe put any thyng nere to it, it goeth creepyng vpon it, the roote of the *Mechoacan* is vnsauerie, and without bightyng, or any sharpenesse of taste, that whiche wee doe see at this present of our *Mechoacan* is a roote, that thei bryng from the new Spaine, from the Prouince of *Mechoacan*, made in great and little peeces, of theim cutte in peeces, of theim broken with their handes. It is a white roote, some what stronge,

The description of the Mechoacā.

How the roote is.

and mightie, it appeareth that the peeces bee of a greate roote, without any harte.

The electiõs of the Mechoacan.

The conditions, or elections that he muste haue, for to be good and perfect is: that he be freshe, the whiche it maie bee knowen in that he be not wormeeaten, nor blacke, and that he bee somewhat white, and the very white is not so good: and if so bee somewhat russet, so that it bee the vttermoste parte of the roote, for that the inner parte is somewhat white. In the tastyng or Chewyng of it, it is without sauour, or any maner of bityng taste.

That it be freshe.

It dooeth importe to make his woorke the better, that it be freshe, for that the fresher it is, the better it is, and the greater the peects are, the better thei dooe conserue. And it is true, that whiche is brought in pouder, is not so good, for that it doeth putrifie, and lose muche of his vertue, and operation. As also wee doe see, if we doe make pouder, and keepe it, it dooeth not make so good woorke, as when the roote is grounde, and then forthwith taken: the roote beyng olde doeth tourne blacke, and it will bee wormeeaten with holes, and doeth become verie light. It doeth keepe well rouled in Sere clothe. It is gathered in the Moneth of October, it neither loseth his leaffe.

His complexion.

His complexion is hotte in the first degree, and drie in the seconde, for that it hath subtill partes, with some bynding, the whiche it doeth seme, that his worke beyng made he doeth leaue the interiour members strengthened, without debilitation and weakenesse, that the other purgatiue Medicines doeth leaue them in, rather those that do purge them selues therewith, doeth remaine after thei bee pourged, more strong and hard, then before thei were pourged, it hath no neede of rectification, for that wee doe not see in this roote any notable hurte, onely the wine is vnto it a corroboration for his woorke, for beyng taken with wine, it maketh a better worke, then with any other licour, for that it doeth not cause vomitte, and it worketh the better.

It

It is geuen at all Tymes and in all Ages, it dothe his woorke without molestation, and without the accidentes that the other Medicines soluatiue bee vsed to doe. It is a Medicine easie to bee taken, for that it hath no euill taste. Onely it hath the sauour of that with the whiche it is taken: for that it is of it selfe without sauour, and so it is easie for Childzen, for that they may take it without feelyng what it is, it is so likewise for the parsones that can not take Medicines, for it hath nether smell nor taste. I haue pourged therewith manye Childzen, and manye very olde persones, and haue geuen it to men of more then 80. yeres of age, and makes in them verie suer and good woorke, with no maner of alteration nor chaunge of body, and without beyng debilited or wekened.

Easie to take and easie to worke.

It is giuen to children and to olde people.

This Roote doth auoide out cholericke humors, grosse, mixt, and flematicke Humors, of what kinde soeuer they be, and hvmors putrified and rotten, and of both colours, it doth euacuate the Cetriue Water, of them that haue the Dropsie, with muche easines. The principall espect is to the Liuer, makyng it cleane, and comfortyng it, and the Members neere adioynyng to it, as the stomacke and the inner partes. It doth cure all Optlations of the same partes, and all diseases caused of them: As the Dropsye, the Jaundies, and ioyntly with his good woorke it doeth rectifie the euill complexion of the Liuer, it dooeth dissolue windinesse, and with easines it dooeth expell theim, and doeth open all the hardnesse of the Liuer, and of the Lunges, and of the stomacke. It taketh awaie old griefes of the head, and doeth mundifie the braine and the Senewes, and doeth emptie out the humors that be in the head, or partes thereof. In the disease called the Lamparones, whiche is the Kinges Euill it maketh a good woorke: in old griefes of the head called the Megrum, and the Fallyng sickneese, and in all Distillations, or olde runninges, in paines of the Joyntes, in perticular and vniuersall, as in the Goute Arthetica,

The workes and effectes be meruei-lous of this roote.

thetica, in paines of the stomacke, emptyng the cause, and
In griefes of Women. consumyng windines. And in paines of the Urine & Bladder: in paines of the stone and Colicke, of what kynde soeuer it be, it maketh a merueilous worke. It cureth the paynes of Women, and especially the Mother, by emptyng and takyng awaie of the cause, as these causes which come of colde humors & windines, and in the griefes of the brest, as of an olde cough, and shortnes of breath, vsing this roote oftentymes it taketh it awaie, and healeth, also in griefes of the Raynes caused of grosse Humors, it doth emptie and expell them.

In griefes of the Poxe. In griefes of the Poxe it doth a greate woorke. And it semeth that for these griefes our Lorde did ordain it, emptyng the humors of them, whiche for the moste parte are cold, and especially when they be waxen olde of long tyme, it doth pourge them, and doth expell them without any paines, by multiplyng the takyng thereof as many tymes as
Note. is necessary. For that in these infirmities that be olde, and of long continuaunce, one euacuation is not sufficient, but it is necessarie to haue many euacuations, the whiche may be doen without daunger with this Roote, and it is not to bee marueiled at, that with one euacuation therewith doth not follow the health that is wished for. But that many tymes it is needefull to haue many for to roote vp and expell all in all the euill, and noughtie humors, that is the cause of the saide disease.

In Agewes. This roote doth marueilously emptie out the cause of ỹ large Feuers, and impoztunate: and all Feuers compounded, and chiefly in the olde Feuers, as Tertians, Quotidians, flematick, and in suche diseases as commonly come of opilations, vsyng thereof at the tyme that is needefull.

Note. For that in the like large and impoztunate diseases, the Phisition muste not bee content with one euacuation, but with many, digestyng by little and little, and auoydyng out by little and little. Seeyng that the auoydyng out is doen

with

with suche assuraunce with this Medicine so blessed.

He that hath neede of it must haue a good harte, and with trust that it will profite hym muche, the whiche hetherunto we haue seen, in so many, that with iust title all credite may be giuen to his good workes. We doe see with how muche easines and without any accidents, it doth the effectes, that we haue spoken of, and it is looked for, that euery daie will be discouered greater matters, that maie be added to this. *Nate.*

The Rule and order that must be kept in the administration and in geuyng of these Pouders, made of the roote of *Mechoacan*, was taken of the Indian Phisition that wee haue spoken of, and since it hath been vsede in diuers and sundrie fashions. *The order that ought to be kept in takin of it.*

The firste thyng that it doeth require for hym that shall take this Pouder is, that hee doe prepare hym selfe with good diet, and good order. Keepyng hymselfe from all thinges that may offende health, and to vse of that meate which is most conuenient for hym, and to dispose the Humor that principally he doth pretende to auoyde out, and with some Syrreppe, that may haue the same respect that the humor may be disposed of, and the way prepared where he may go out, and for this it is good that hee take the counsell of a Phisicion, he shall vse of Glisters if the Belly be not obedient at the least the daie before he shall take it, if by chaunce he shall neede of lettyng bloud he shall do it with the iudgement and opinion of a Phisition. The bodye so prepared and ready to be pourged, he shall take this roote chosen as we haue saide, and it must be grounde, makyng Pouder of it, of an indifferente fineneslle, and waie of it the quantitie that muste bee taken: as we shall speake of, and put it into white Wine, whiche is Sacke, as muche quantitie as is needeful for to drinke, and it must be taken in the morning, the wine is the best licour that it can be taken withall, and so it is vsed generally in the Indias, for the Wine as wee haue saide, doth corroborate and geueth strength to these Pouders, *It is conuenient that there be a preparatiue for him that shall take it.*

How these pouders shall be taken.

Pouders, and because there bee some that can drinke no wine, in suche case they may geue it in sodden water, wherin Sinamon hath been sodden, or with Anis or Fenell sede, and if the pure wine doe offende them, it maye be wattered with anye maner of Water, but the quantitie of the Wine that shall be taken, is so little that it can not offend, nor molest any person, it may bee wattered with Endife, or with Laugdebike water, and because this medicine is not geuen in sharpe Agewes, but in large and temperate diseases, it doth suffer the Wine better then any other licour.

Other waies to giue it.

Also they doe geue these Pouders with Conserua of Violettes, and with a Syrope of Violettes, and it is good practise, for with his colde and moysture, it doeth correcte the little heate, and drought that the paciente hath, and let them drinke vppon it Wine wattered, or some water as aforesaide.

There is made of them Pils

There is made of this Pouder Pilles formed with a lectuary of Roses, and surely they make a very good worke and pourge well.

In Wafer bread.

Also they doe put it in Paste of Wafer Bread, or in Marchpaines, and as they haue no euill sauour, so they doe not feele them, it serueth muche for Children and for them that can not take the like thinges.

Note.

The Pilles that muste be made of this Pouder muste be very little: sumwhat greater then Coriander seede, that they may dissolue the rather, & not heate, and so they worke more quickely and better.

When they shall be giue.

They may be geuen in the morning and at night, these Pouders bee geuen with moste prosperous succesle, beyng put to a Syrope of Roses of nine infusions, minglyng the quantitie that therof shall be taken in two Dunces of Syrope, and surelye this mixture doeth make a merueilous worke, for that it doth stregthen, and doth inforce muche the worke of the Pouders.

What humors the Mechoacan doth auoyde out.

It doth auoyde Colerike, grosse and flematike humors, and

and permixte, and the fearcenes of the bloud, and so it is a greate Medicine, and of marueilous woorke, it doth auoyd out most strongly the Cetrine water of them that haue the Dropsie, frequentyng it many times, giuyng betwene one pourge and an other, that whiche maye corroborate and make strong the Liuer, in Brothe it is taken many tymes, and maketh good worke.

This Medicine or pourge must be taken in the morning early, and after it is taken, thy may slæpe halfe an howēr vpon it, before it doth pourge. For that the sleape doth staye the Vomite, and the naturall heate shall make a better worke in the Medicine. *When it should be taken.*

He that shall take these Pouders, if he do feare it, or any other Medicine pourgatiue, and if he feare Vomit he may make one remedy, of the whiche I haue large experience, and is when he hath taken this pourge or any other, lette hym take the Yolke of an Egge rosted hot, broken betwēn his Fingers, and put into a course Linen Clothe, and so rounde let hym put it into the Throate Pitte, and let hym holde it there vntill that he doe beginne to pourge, for that surely, it will staye the Vomityng and also the Fumes, that doth rise of the pourge, and it is no small contente. After that he hath sumwhat slept, if he can at the tyme that it beginneth to woorke, let hym not sleepe nor eate, nor drinke any thing, and be in place where the ayre doth not offende hym, nor with muche company, for that all the intente shall be for to pourge, staiyng all thinges that may let the auoydyng out. And he shall be aduertised that one of the greate excellencies that this pourge hath is, that it is in the handes of the sicke person to auoyde out, the quantitie of Humor that he will, the which is a thyng that they of old tyme did consider muche of. And waiyng whiche was surest the pourge or the lettyng of bloud, they do not alege any other cause more principall, but that the lettyng of bloud is more sure. For asmuche as in the lettyng of bloud wee may take *Note.*

out the quantity of blod that we luſt, and not in the pourge, for once beyng taken it is not in the handes of the Phiſition, nor the ſicke perſon that can let it to doe his worke, the whiche is not in this our pourge of the roote of *Mechoacan* Seeyng that with takyng of a little Brothe, or eatyng any maner of thing, doyng his worke it ſeaſeth, and wooreketh no more, and ſo it can not exceede nor hurt the pacient.

Note. Surely it is to be holden in muche, that there is founde a kynd of pourge with ſo muche aſſuraunce, and ſo mightily doth his worke, and it is at the will of hym that doeth take it. After it hath doen what he ſeemeth good, and ſufficient, ſo that with a little Brothe whiche he eateth, it ſhall worke and pourge no more.

After that he hath pourged. After that the ſicke perſone or Phiſition hath ſeen that it hath made and ende of his worekyng, and hath pourged that which is conuenient, then they muſt geue hym to eate, takyng at the beginnyng of his Dinner a Diſhefull of Brothe, and after a little while let hym eate of a Hen, and in the reſte let hym gouerne hymſelfe as one that is pourged, as well in his drinke as in his meate, as in the keeping that he ſhall haue of his perſon. For that daie that he doeth take it, let him take heede that he ſleepe not in the day tyme, nor drinke till Supper, the whiche Supper ſhall bee light and ſome good meates.

That he muſt doe the next daie. The nexte daye let hym take a waſhyng Medicine, and ſome Conſerua, and from that tyme forwarde let hym kepe good order and good gouernement, in all that is conuenient for him.

And if that with once takyng of theſe pouders, the ſicke man doeth not heale, or doeth not auoyde from hym that whiche is needefull for to heale, he maye take it againe, as many tymes as the Phiſition ſhall ſee conuenient, where of he ſhall haue care after that the ſicke man is pourged, to comforte and to alter the principall members.

Note. And in this I can giue no preciſe opinion, for that there

be diuers and variable diseases, and it it needefull for them diuers remedies, and my intente is no more then to write the vse of the Roote of *Mechoacan*, and as a thyng of so greate importaunce, and of a pourge and remedy so excellent, as nature hath giuen vnto vs.

And if the tyme hath taken from vs the true Pyre, and the true Ballomo, and other Medicines that they of olde tyme had. Of the whiche in our tyme there is no memorie of them, and with the tyme they are loste, hee hymselfe in place of them hath discouered and giuen so manye and so sundry thinges as wee haue spoken of, as our Occidentall Indias do send vs. In especially the *Mechoacan*, a pourge most excellent and gentle, that it doth his worke with such assuraunce, beyng white in colour, pleasaunt in sauour, and smell easie to take, without any lothsomnes in wooryng, and without that horriblenes, that other pourges haue, and without those accidentes and faintnes that cometh at the tyme, that they be taken, & without that disquietnes which it maketh when it worketh. *A good digerssion.*

This Roote hath ouer and aboue that, whiche is saied, other properties, and hidden workes, that we do not reach vnto, whiche with the tyme and vse of them shalbe knowen and discouered euery daie.

The waight or quantitie that is giuen of the Pouder, made of the Roote of *Mechoacan*, is conformably to the obedience of the belly, of hym that shall take it. Some there be that do pourge with little quantity. I do know a gentleman of this Realme, that with the waight of halfe a Ryall, whiche is iij. ℈. dooeth, pourge very well, and other that haue neede of the waight of xij. ℈. and others of the waight of xviij. ℈. And in this euery one ought to measure the quãtitie, as the belly hath the obedience, more or lesse. Euen so they ought to limit the quantity conformably to the age of the Patient. For that the Childe hath neede of little, the Boye of more, and the strong man of muche more, and the *The quantitie that is giuen of it.*

Leane of lesse, and for this cause the Phisicion muste measure the quantitie as he seemeth conuenient. Because to the Childe he shall geue the waight of iij. d. and to the Boy the waight of vj. d. and to the Manne the waight of xij. d. whiche is commonly so taken, to the Woman it is not conuenient to giue lesse then the waight of twelue pence, and in this there may be had a consideration, seyng that it is in the hande of the Phisition to take awaie his woorke when he doth see that it doth exceede, it is better to geue a little to much, considerynge that with taking of a fewe suppings of brothe, if it doe exceede, the excesse may be remedied.

This is the summe which I haue vnderstoode vnto this daie of the Roote, which they doe bryng from the Prouince of *Mechoacan*, and when I shall knowe more of it, I will write as the tyme and the vse thereof shall shewe.

Of the quicke Sulphur.

Quicke Sulphur.

When I made an end of writyng of these laste lynes Barnardine of Burgus Potecarie, a man learned and experte in his arte, did shewe mee in his shop a peece of quicke *Sulphur* brought from oure Indias, a thyng most excellent as euer I sawe, and in oure tyme the like hath not been seen, it was bright like Glasse, of the colour of fine Golde, takyng a little of it, and castyng in into the Fyre, it doth caste from it a very greate smell of Brimstone like to greene smoke, and the peece it selfe (smellyng thereunto) hath no smell.

As it is.

It was brought frō Quinto.

Thei brought it from *Quito*, beyng in the Prouince of *Peru*, a Mine that there was founde in certaine Hilles, nere vnto the Mines of gold. And it is not in vain that the Alquimistes doeth saie, that the matter of the Gold, is the Quicksiluer, and the Sulphur: that is to saie, the Quick-

Note.

siluer

siluer the matter, and the Sulphur the former, and maker. And so this whiche I sawe, was like to a peece of Golde moste fine.

Thei bryng from *Nicaraga* other Sulphur, but it is Russet, like to Ashes, congeled without coulour or brightnelle, whiche is founde nigh vnto the Volcan of *Nicaraga*, the whiche beyng caste into the fire, it dooeth caste from it the smell of Brimstone, but it is a peece of yearth, that in nothyng it is like to that, of the Prouince of *Quito*, more then in the smell, and it hath not that coulour of Golde, nor that brightnelle as the other hath, whiche is of *Quito*. *Euill Sulphur.*

The whiche beyng applied in the thynges, that is conuenient for Medicine, is doeth merueilous effectes: chiefly beyng grounde, and dissolued with Wine, and putte in the Night to thiem, that hath their face redde inflame, that bee like to Lepores, dyng it certaine Nightes, after thei haue been at the stole, it taketh the rednelle awaie, and healeth it merueilousllie, of the whiche I haue greate experience. It healeth the Skabbes, beyng dissolued with oile of Roses. Takyng the weight of sixe pence in an Egge, it healeth the Collike, and the Pallie. It is good for the paine of the Stone, and beyng taken, it healeth the Jaunders. *In the thinges that it profiteth.*

It is hotte and drie excessiuely, the whiche dooeth appeare by the frendship, that it hath with the fire, for beeyng touched with it, it doeth inflame, and maketh a flame. It is the principall matter, of that Deuilishe inuention of Gun pouder, whiche hath been the cause of so many euilles, and hurtes. *His complexion.*

¶ Of the Woode Aromatike.

ALso the saied *Barnardino de Burgus* shewed mee a wood, whith to my seemyng, I thought to haue been the holie wood, that of sainct Jhon *de Puerto Rico*, the whiche was after this manner, and

forme.

Beeyng in the House of a principall Marchaunte of thys Citie, makyng a Medicine in a Chimneye, where they did burne of that Woodde: The Smoke that came out of the Woodde did smell muche, and gaue a verie sweete smell, of the whiche he did marueile muche, and did aske from whence thei had caste thether that good smell, thei of the house tolde hym, that the good smell was of the wood that thei did there burne, and it was it which did cast that good smell: he tooke a sticke of the woodde, and from it plucked a slippe of the same, the whiche had no smell nor sauour, more then other common woodde had, then he toke awaie a little of the rinde, and smelled vnto it, and tasted it, and he founde a sweete smell moste excellente in it, and a sauour no more nor lesse then of Maces, or Nutmegges, and muche more sharpe, and more sweete, and of a more pleasaunte smell and taste, then any Sinamome that is in the worlde, and with more liuelinesse, and sharpenesse of taste then the Peper. I tasted it at the takyng awaie of the rinde from the saied woodde, of the whiche he had a greate peece of the timber, and surely there is not any thyng of so sweete smell and taste, of that whiche we haue, that with so muche pleasauntnesse of smell, and with suche liuelinesse did penitrate me, in so muche that tastyng a little of it, I carried all that daie the sweete smell and sauour in my mouthe, beyng merueilous, as though I had carried a peece of Nutmegge.

The smell of the wood.

Historie.

Of this woodde thei saied, that a Maister of a Shippe of his, did cutte a greate quantitie of it, that came by the *Hauana*, and in a Mountaine, they cut muche of it, for the Shippes prouision, and that whiche did remaine they carried it to the owners house, and doe wast it, as I haue saied. Whereby I doe consider howe manie Trees and Plantes there be in our Indias, that hath greate vertues for Medicines, that in the woodde of the Chimney they doe spende

wood,

wood of sweete odiferous smelles, the Rinde of the whiche beyng made Pouder, there might be doen verie greate effectes with it, comfortyng the harte and the stomacke, and principall mẽbers, without sekyng after ỹ spicerie of *Maluca*, and the medicines of *Arabia*, and them of *Percia*. Séeyng that in the fieldes vntilled, and in the Mountaines and Desertes, our Indias doth geue them vnto vs, the fault is ours that wee doe not followe after it, nor sæke to doe the diligence that is conueniente, for to profite oure selues of these marueilous effectes, the whiche I doe truste that the tyme being the discouerer of all thinges, and good diligence and experience will shewe it vs vnto our greate profite.

The ende of the first parte.

GOD be praysed.

THE SECONDE PART

OF THIS BOOKE IS OF THE THINges that are brought from our Occidentall INDIAS, whiche doe serue for the vse of Medicine, where is treated of the *Tabaco*, and of the *Sassafras*, and of the *Carto Sancto*, and of many other Hearbes and Plantes, Sëedes and Licores, that newly hath come from these partes, of greate vertues and marueilous effectes.

Made by the Doctor MONARDVS, Phisition of *Seuill*.

The second parte of the thynges that

Catholike Roiall Maiestie.

THESE daies paste I wrote a boke of al thinges, whiche doeth come from youre Occidentall Indias, whiche doeth serue for the vse of Medicine: and surely it hath been taken in that estimation, that the thynges whiche in it is treated doeth deserue. And seing the profite that it hath dooen, and howe many hath been remedied, and healed with those remedies, I did determine to procede forwardes, and to write of the thinges, whiche after that was written, hath come frō those countries, of the whiche I haue vnderstoode, that no lesse vtilitie and profite shall come then of that whiche is paste, for there shall be seen in it newe thynges and secretes, whiche will put admiration, neuer to this daie seen nor knowen. And seeyng that those Medicinall thynges whiche wee doe treate of, and the Realmes and Countries from whence thei come, bee of your Maiestie, and he that doeth write of them, is your Maiesties subiecte: I doe desire your Maiestie, to receiue it into your protection, and that the rewarde maie be suche, as for the like woorkes dedicated to your Maiestie, are accustomed to bee receiued.

Your Maiesties Subiecte.

The Doctor Monardes.

Of the Tabaco, and of his greate vertues.

THis hearbe which commonly is called *Tabaco*, is an Hearbe of muche antiquitie, and knowen amongest the Indians, and in especiallye among theym of the newe Spaine, and after that those countries were gotten by our Spaniardes, beyng taught of the Indians, they did profite themselues of those thinges, in the Woundes whiche they receiued in their Warres, healyng themselues therewith, to the greate benefite of them.

Within this fewe yeres there hath beene brought to Spaine of it, more to adornate Gardeines with the faire-nes thereof, and to geue a pleasaunt sight, rather then that it was thought it had the marueilous Medicinable ver-tues, whiche it hath, now we doe vse of it more for his ver-tues, then for his faire nes. For surely they are suthe which do put admiration.

How it is sowen and how it grow-eth.

It is growyng in many partes of the Indias, but ordi-narily in moyst places, and shadow places, and it is neede-full that the ground where it is sowen, bee well tilled, and that it bee a fruitfull grounde in all tymes it is sowen, in the hot countries. But in the colde countries it muste bee sowen in the moneth of Marche, for that it may defende it selfe from the frost.

The name of it.

The proper name of it amongest the Indians is *Pecielt*, for the name of *Tabaco* is geuen to it of our Spaniardes, by reason of an Ilande that is named *Tabaco*.

The descrip-tion of it.

It is an Hearbe that doth growe and come to bee very great: many tymes to bee greater then a Lemmon tree, it doth caste out one steame from the Roote whiche groweth vp right, without declinyng to any parte, he doth caste out

many Bowes, straight that well nere they bee equall with the principall steame of the tree, his Leafe is well nere like to the Leafe of a Syrion tree, they come to be verie great, and be of colour greene, the Plant is heauie, they be in the Garden as Sirions and Syringes are. For that all the yere they are greene, and haue leaues, and if any wyther, they be those that are lowest in the highest parte of all the

The flower. Plante, there doth growe out the flower, the whiche is after the maner of white *Campanillia*, and in the middest of Carnation coulour, it hath a good shewe when it is drie, it is like to blacke Popie seede, and in it is shut vp, the seede

The seede. whiche is verie small, and of the colour of a darke Tauny.

The roote. The Roote is great, conformable to the greatnes of the Plante, deuided into many partes, and it is like to woodd in substaunce, the whiche beeyng parted, it hath the harte within, like vnto the colour of Safron, and beyng tosted,

His Leaues. it hath some bitternes with it. The Rinde commeth awaie easily, we knowe not that the roote hath any vertue at all. Of onely the Leaues wee knowe the vertues, whiche wee will speake of, although that I doe beleeue that the roote hath Medicinall vertues inough, the whiche the tyme shall discouer. And some will saie that it hath the vertue of *Ruibarbe*, but I haue not experimented it as yet, they doe keepe the leaues after they be drie in the shadowe, for the effectes that we will speake of, and thei be made pouder, for to vse of them in place of the Leaues, for it is not in all partes, the

His complexion. one and the other, is to be kept a greate tyme, without corruptyng, his complexion is hot and drie in the seconde degree, it hath vertue to heate and to dissolue, with some bindyng and comfortyng it gleweth together, and doth soder

His vertues ingenerall. the freshe woundes, and doth heale them, the filthy wounds and soares it doth cleanse & reduce them to a perfite health, as it shall be spoken of forewarde, and so we will speake of the vertues of these Hearbes, and of the thynges that it doeth profite, euery one particularly.

This

This Hearbe *Tabaco* hath particular vertue to heale griefes of the head, and in especially cummyng of cold causes, and so it cureth the headage when it commeth of a cold humor, or of a windy cause, the Leaues muste be put hot to it vppon the griefe, and multiplyng them the tyme that is needeful, vntill the griefe be taken awaie. Some there bee that doe annoynt them with the Oyle of Oringes, and it doeth a verie good woorke. *In paines of the head.*

In any maner of griefe that is in the bodie or any parte therof it healpeth, beyng of a cold cause, and applied thereunto, it taketh it awaie, not without greate admiration. *In any grief of the body.*

In griefes of the brest it doth make a marueilous effect, and in especially in those that doe cast out matter and rottennesse at the mouth, and in them that are shorte breathed. And any other olde euilles makyng of the hearbe a sæthyng, and with Suger made a Sirupe, and beyng taken in little quantitie, it doth cause to expell the Matters, and rottennes of the breast marueilously, and the smoke beyng taken at the mouthe, doth cause that the matter be put out of the breast, of them that doe featche their breath shorte. *In griefes of the Brest.*

In the griefe of the stomacke, caused of colde causes, or winde, the leaues beyng put very hot, it doth take it awaie, and dissolueth it by multiplyng of them, vntill it be taken awaie. And it is to be noted, that the leaues are to be warmed better then any other, amongest Ashes or Emberes very hot, thrustyng the hearbes into them, and so to warme them well, and although they be put to with some Ashes, it maketh the woorke better, and of more strong effectes. *In the griefe of the stomacke.* *To warme the Leaues amongest Ashes.*

In Opilations of the stomacke, and of the inner partes principally, this hearbe is a greate remedy: for that it doth dissolue them, and consumeth them, and this same it doth in any other maner of Opilations or hardnes, that is in the belly, the cause beyng of a colde humor, or of windines. *In opilations*

They muste take the hearbe greene, and stampe it, and with those stamped leaues rubbe the hardnes a good while, *The waie how to applie it.*

and at the tyme as the Hearbe is in the Morter a stampyng, lette there bee putte to it a fewe droppes of Vineger, that his worke may be made the better, and after the place is rubbed where the paine is, then put vpon it one leafe or leaues of the *Tabaco* beyng hotte, and so let it alone till the nexte daie, and then doe the like againe, or in place of the leaues put a Linen clothe wette, in the hotte Joyce. Some there bee, that after they haue rubbed it with the stamped leaues, they doe annoynt it with oyntments, made for the like euilles, & vpon it thei put the leaues or the ioyce of the *Tabaco*. And surely with this cure they haue dissolued great and harde opilations, and very olde swellinges in the grief of the stone, of the Kidneis and Raines, this Hearbe dothe greate effectes, by puttyng the leaues into Ashes, or Embres, hotte, that they may warme well, and then beyng put vpon the griefe, multiplyng it as often as it is needefull.

In the griefe of the stone.

To put them in Glisters.

It is necessary in the Seethynges that is vsed to be made for Glisters to putte into them with the other thinges, the Leaues of this Hearbe: for that they shall profite muche, and likewise for Fomentations and Plaisters, that they shall make.

In griefes of windes.

In griefes of windes they make the like effect, takyng awaie the paines that doth come of the windines, applyng the Leaues after the same sort as it is saied.

The euill of the Mother.

In the grefe of women, whiche is called the euill of the Mother, puttyng one leafe of this hearbe *Tabaco* verie hotte, in the maner as it is saied, it dooeth manifeste profite: it muste bee put vppon the Nauell. And vnder it some dooeth vse to put first of all, thynges of good smell vpon the Nauell, and then vpon that thei put the leafe, in that thei doe finde moste profite, is to putte the *Tacamahaca*, or the oile of liquid Amber, and Balsamo, and *Carana*, any thyng of these put to the Nauell, and kept to it continually, that it maie cleaue vnto it, doeth manifeste profite in griefes of the Mother.

In

In one thing, the women that dwelleth in the Indias, doeth celebrate this hearbe, that is in the euill breathyng at the mouthe of children, when thei are ouer filled with meate, and also of greate people, anointyng their beallies with lampe oile, and puttyng some of those leaues in ashes hotte to their beallies, and also to their shoulders, it doeth take awaie their naughtie breathyng: and it doeth make that thei goe to the stoole, puttyng it thereunto, the tymes that it is needefull, if the leaues bee ashed it is the better. *For an euill breath.*

In Wormes, and in all kinde of theim, it killeth them, and dooeth expell theim merueilouslie, the seethyng of the hearbe made a sirupe delicately, taken in verie little quantitie, and the ioyce thereof put on the nauell, it is needefull after this be doen to geue a Glister, that may auoyde them out, and expell them out of the guttes. *For Wormes*

In griefes of the Ioyntes beyng of a colde cause it maketh a marueilous woorke, the Leaues of this *Tabaco* beeyng put hot vpon the griefe, the like doth the Ioyce put vpon a littell clothe hot. For that it doth dissolue the humor, and taketh awaie the paines thereof, if it bee a hot cause it doth hurte, sauyng when the humour hath been hot, and the subtill is dissolued, and the grosse remaineth, that then it doth profite as if the cause were colde, and it is to be vnderstoode, that the leaues beyng put, where as is grief of the saide cause, in anye parte of the bodye, that it will profite muche. *In euil of the Ioyntes.*

In swellynges or in colde Impostumes, it dooeth dissolue and vndoe them, washyng them with the hotte Ioyce, and puttyng the beaten leaues, after they be stampte, or the leaues beyng whole of the saied *Tabaco* vpon it. *In colde swellinges.*

In the Tooth ache when the griefe is of a colde cause, or of colde Rumes, puttyng to it a little Baull made of the leafe of the *Tabaco*, washing firste the toothe with a small clothe wet in the Ioyce, it taketh awaie the paine, and doth staie it, that the putrefaction go not forwarde: in hot causes it. *For the toth ache.*

it doth not profite, and this remedy is so common that euery one healeth.

For Chilblaines. This Hearbe doth marueilously heale the Chilblaines, rubbyng them with the stamped leaues, and after puttyng Handes and Feete in hot water, with Salt, and keepyng them warme, this is doen with greate experience in many.

In Venom & venomous woundes. In Uenom and venomous Woundes our *Tabaco* hath greate experience, whiche hath been knowen a little tyme past, that when the wilde people of the Indias, which eate mannes flesh dooe shoote their Arrowes, they dooe annoint them with an hearbe or Composition made of many poysones, with the whiche they doe shoote at all thinges that they would kill, and this Uenom is so euill, and pernicious, that it killeth without remedie, and they that bee hurte dieth with greate paines and accidentes, and with madnes, vnlesse that they had founde remedie for so greate an euill. A fewe yeres past they did put to their Woundes *Sublimatum*, and so were remedied, and surely in those partes they haue suffered much with this vexation of poyson.

Sublimatū in the venomed woūdes. A little whiles past, certaine wild people goyng in their Bootes to Saint Jhon Depuerto Rico, for to shoote at Indians, or Spaniardes, if that they might finde them. They came to a place and killed certaine Indians, and Spaniardes, and they did hurte manye, and as by chaunce there was no *Sublimatum* at that place to heale them, they did remember to put vpon the woundes the Joyce of the *Tabaco*, and the Leaues stamped. And God would, that puttyng it vpon the hurtes, the griefes, madnes, and accidentes, wherwith they died, was mittigated, and in suche sort they were deliuered of that euill, that the strength of the Uenom was taken awaie, & the woūdes were healed, of the whiche there was greate admiration, the which beyng knowen by them of the Ilande, they doe vse it in other hurtes and woundes, that they do take when they do fight with the wild people, and nowe they haue no feare of theym, by reason they haue

founde

founde so great a remedy, in a thing so desperate.

This Hearbe hath also vertue againste the Hearbe called of the Crossebowe shooter, that our hunters doe vse to kill the wild beastes with all, which hearbe is venom mosse strong, and dooeth kill with out reamedy the whiche the kynges pleasure was to proue, he did commaunde to make experience thereof, and they did wound a little Dogge in the throate. And did put forthwith in the wound the hearbe of the Crossebowe shoter, and after a little while, they put in to the selfe same wounde that they had annoynted with the Crossebowe shooters Hearbe, a good quantitie of the Joyce of *Tabaco*, and the stamped leaues vpon it, and they tied the dogge, and he escaped not without greate admiration of all men that sawe hym. Of the whiche the excellent Phisition of the Chamber of his maiestie the Doctor Barnarde in the margent of this booke, that saw it, by the commaundement of his Maiestie, saieth these woordes. I did this experience by the commaundement of the kinges Maiestie, I did wound the Dogge with a knife, and after I did put the crossebowe shooters hearbe into the wound and the hearbe was chosen, the dogge was taken of the hearbe, and the *Tabaco* and his Joyce put into the wounde, the dogge escaped and remained whole.

Against the hearbe of the Crossebowe shooter.

Historie.

Doctor Barnarde.

In the venomos Carbuncles, the *Tabaco* beyng put in the maner as is said dooeth extinguishe the malice of the venom, and it doth that whiche al the woorkes of Surgery, cã doe vntill it be whole. The same thing it dooeth in bityng of venomous beastes, for it dooeth kill and extinguishe the malice of the venom, and healeth them.

In venomos Carbuncles.

In bityngs of venomos beastes.

In woundes newly hurte and cuttinges, strokes, prickes, or any other maner of wounde, our *Tabaco* doth marueilowes effectes. For that it doth heale them and maketh them sound, the wound muste be washed with wine, and procure to annoynt the sides of it, takyng away that whiche is superfluous, and then to put the Joyce of this hearbe, and

In woundes newly hurte.

The maner of healing.

vpon it the stamped leaues, and beeyng well bound it shall stande vntill the next daie that they shall retourne to dresse it, after the same fashion they shal kéepe good order in their meate, vsing the diet necessary, and if it be nédefull of anie euacuation by stoole, the cause beyng greate, let it be doen what shall bee conueniente. And with this order they will heale, without any neede of any more Surgerie then this hearbe. Here in this Countrie, and in this City they know not what to doe, hauing cut or hurte themselues, but to run to the *Tabaco*, as a most redie remedie, it doth marueilous workes, without any neede of other Surgery, but this only hearbe. In restrainyng the fluxe of bloud of the wounds it doth most marueilous workes, for that the Joyce and the Leaues beyng stamped: is sufficient to restraine any fluxe of bloud.

Note.

In old sores.

In olde Soares it is marueilous the woorkes and the effectes that this Hearbe dooeth, for it healeth them wonderfully, making cleane and mundifiyng them of al that is superfluous, and of the rottennesse, that it hath, and doeth bring vppe the flesh, reducyng them to parfite health, the whiche is so common in this Citie that euerye man doeth know it, and I hauyng ministred it to many people as well menne as women, in greate number, and beyng greeued of tenne, and of twentie yeres thei haue healed olde rotten sores in legges, and other partes of the body, with only thys remedy to the great admiration of all men.

The order of the Cure.

The order of the Cure that is to bee healed with this hearbe is this following. The olde rotten soares although they bee cankered, let the sicke man bee pourged with the counsaill of a Phisition, and let hym bloud if it be nédefull, and then take this Hearbe and pounde it in a Morter, and take out the Joyce and put it into the Soare, and then after the maner of a Plaister put the stamped leaues vpon it, whiche are the Leaues that the Joyce is taken out of, and this doe once euery daie eatyng good Meates, and not exceding

ceedyng in any disorder, for otherwise it will not profite. And doyng this it will make cleane the euill flesh beeyng rotten, and superfluous, vntill it come to the whole flesh, and is not to be marueiled if that the wounde be made verie greate. For the euill muste bée eaten vp, vntil it come to the good, and with the same cure puttyng lesse quãtitie of ioice it will incarnate, and reduce it to parfit health, in suche sort that it doeth all the worckes of Surgery, that all the Medicines of the world may doe, without hauyng nede of any other maner of medicine.

This worcke doth cure olde Soares, with so muche admiration: and not onely in men, but in brute beastes. As at this daie in all partes of the Indias, where you haue anye cattell hauyng woundes or gaules and the countrie beyng hotte and moyste ouer muche, it doe soone rotte theim, and very quickely come to be cãkered, and for this cause, muche greate cattel doe dye. And to remedy this and the wormes that doe increase in the soares, thei had for remedye to put into the sores *Sublimatum*: for that in this remedie thei did finde more benefite then in anye other, that they had vsed. And for that the *Sublimatum* had there so high a price, many tymes it was more worthe then the cattell that it healed. And for this cause and for hauyng founde in the *Tabaco* so muche vertue for to heale newe woundes and rotten, they did accorde and agree together to vse the *Tabaco*, in the healyng of beastes, as they had doen in the cure and remedy of menne, puttyng the Joyce of the *Tabaco* into the woundes, and washyng it therewith, and puttyng vpon it the stamped leaues of the *Tabaco*, after that the Joice is taken from it. and it is of so greate efficacie and vertue, that it killeth the wormes, and maketh cleane the soare, eating awaie the euill flesh, and it doth ingender new flesh vntill it be whole, as in the other thinges whiche we haue spoken of. the like it doth in the gaules of the beasts of *Cariege*, the Joyce beyng put and the beaten leaues wherof the Joyce

It cureth best the woũdes that be rotten and cankered.

Sublimatũ doth heale the soares of beastes that be cankered.

commeth of the *Tabaco*, as it is saied: although it bee cankered, it doeth make them cleane, and doeth incarnate thē, and cureth and helpeth them. And so the Indians dooe carry it, when thei doe iourney, for this purpose and effect, and it doeth the like profite, that the ioyce doeth.

Historie. I sawe a manne that had certaine old sores in his nose, whereby he did caste out from hym muche matter, and daily did rotte and canker inwardes, and I caused him to take at his nose the ioice of this *Tabaco*, and so he did, and at the seconde tyme, he did caste out from hym, more then twentie little wormes, and afterwarde a fewe more, vntill that he remained cleane of them, and vsyng it so certaine daies. He did heale of the sores, that he had in the inner part of his nose: and if he had tarried any longer, I thinke that there had remained nothyng of his nose, but all had been eaten awaie, as it doeth happe to many, whiche we doe see without them. And beyng writyng of this, a daughter of a gentill manne of this Citie, had many yeres a certaine maner of drie skabbes, or well nere skuruie in her hedde, I had cured her, and dooen vnto her many benefites, vniuersall, and particular: and also Maisters of Surgerie had dooen their diligence, and all did not profite. And a gentlewomā, whiche had the charge of her, as she heard me saie one daie, muche good of the *Tabaco* that it did good, and was profitable, for so many infirmities, she sente for it, and did rubbe hard the desease that the wenche had, and that daie she was very euill, and was as though she had bēn foolishe, and the gentlewoman did not let, in seeyng her after that forte to rub her harder, and then the wenche did not feele so muche griefe, but that the drie skabbes beganne to fall, and the white scurffe of her hedde in suche sorte, it did make cleane and healed her hedde, with doyng of it certaine daies, that she healed of her scruuie desease very well, without knowyng what she did.

Historie.

One of the merueilles of this Hearbe, and that whiche doeth

doeth bryng moste admiration, is, the maner how the prie-
stes of the Indias did vse of it, whiche thei did in this ma-
ner: when there was emongest the Indians any maner of
businesse, of greate importaunce, in the whiche the chiefe
gentlemen called *Caziques*, or any of the principall people
of the Countrie, hauyng necessitie to consulte with their
Priestes, in any businesse of importaunce: then thei wente
and propounded their matter to their chiefe Priestes, for-
thewith in their presence, betoke certain leaues of the *Tabaco*,
and caste theim into the fire, and did receiue the smoke of
them at his mouthe, and at his nose with a Caye, and in ta-
kyng of it, he fell doune vppon the grounde, as a dedde
manne, and remainyng so, accordyng to the quantitie of
the smoke that he had taken, and when the hearbe had doen
his woorke, he did reuiue and awake, and gaue theim their
aunsweres, accordyng to the visions, and illusions whiche
he sawe, whiles he was rapte of the same maner, and he did
interprete to them, as to hym semed beste, or as the Deuill
had counsailed hym, giuyng theim continually doubtfull
aunsweres, in suche sorte, that how soeuer it fell out, thei
might saie that it was the same, whiche was declared, and
the aunswere that thei made.

The maner how the priestes of the Indias doe vse this Tabaco.

In like sorte the reste of the Indians for their pastyme,
doe take the smoke of the *Tabaco*, for to make theim selues
drunke withall, and to see the visions, and thinges that doe
represent to them, wherein thei doe delight: and other ty-
mes thei tooke it to knowe their businesse, and successe, be-
cause conformable to that, whiche thei had seen beeyng
drunke therewith, euen so thei might iudge of their busi-
nesse. And as the Deuill is a deceiuer, and hath the know-
ledge of the vertue of Hearbes, he did shewe them the ver-
tue of this Hearbe, that by the meanes thereof, thei might
see their imaginations, and visions, that he hath repre-sen-
ted to theim, and by that meanes doeth deceiue them.

Hearbes whiche ha

To haue Hearbes that haue the like vertue, is a com-

vertue in dreamyng of thinges.

mon thyng, and in the booke of the Phisitions. *Dioscorides* dooeth saie, that one dragme of the roote of *Solatro*, beeyng taken in wine, whiche roote is very straunge, and furious, doeth prouoke slepe greatly, and doeth make hym that taketh it, to dreame of thinges variable, and doeth represent vnto hym terrible imaginations, and visions, and others doeth giue delectation, and pleasure. Of the Anis sæde thei saie, beyng eaten at the hower, when that thei shall slepe, it doeth make a plealaunte, and delectable dreame. The Readishe doeth make theim greuous, and very heauie, and so of many other Hearbes, whiche shalbe large to speake of, the whiche of this matter, the auncient writers doeth write of.

Of the bague whiche thei vse in the Oriental Indias.

Diego Gratia de Guerta, in the booke that he writeth of the Spicerie and Drugges of the Drientall Indias, doeth saie, that in those partes there is an Hearbe, whiche is called *Bague*, the whiche beeyng mingeled with thynges of swæte smell, thei make of it a confection of excellente smell and taste: and when the Indians of those partes, will depriue them selues of iudgement, and see visions that doeth giue theim pleasure, then thei take a certaine quantitie of this confection, and in takyng of it, thei remaine depriued of all iudgemente, and while the vertue of their Medicine doe endure, thei doe receiue muche delight, and thei doe see thynges, whereby thei doe receiue pleasure, and be glad of it. There was a mightie Emperour, beyng Lorde of many Realmes, saied vnto Martine Alfonso *de Sosa*, vice Roye that was of the Easte India, that when he would see Realmes, and Cities, and other thynges, of the whiche he did receiue pleasure, that he would then take the *Bague*, made in a certaine confection, and that in doyng of it, he did receiue pleasure The vse of this confection is very common, and very muche vsed emongeste the Indians of those partes, and thei dooe sell it in the publike Market, for this effecte.

The Indians of our Occidentall Indias, doeth vse of

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the *Tabaco* for to take awaie the wearines, and for to take lightsomnesse of their laboure, whiche in their Daunces thei bee so muche wearied, thei remaine so wearie, that thei can scarcely stirre: and because that thei maie laboure the nexte daie, and retourne to doe that foolishe exercise, thei dooe take at the mouthe and nose, the smoke of the *Tabaco*, and thei remaine as dedde people, and beeyng so, thei bee eased in suche sorte, that when thei bee awakened of their slepe, thei remaine without wearinesse, and maie retourne to their labour as muche more, and so thei dooe alwaies, when thei haue neede of it: for with that slepe, thei doe receiue their strength, and bee muche the lustier.

The Tabaco doeth take away werines

The blacke people that hath gone from these partes to the Indias, hath taken the same maner and vse of the *Tabaco*, that the Indians hath, for when thei see theim selues wearie, thei take it at the nose, and mouthe, and it dooeth happen vnto theim, as vnto our Indians, lying as though thei were dedde three or fower howers: and after thei doe remaine lightened, without any wearinesse, for to laboure againe: and thei dooe this with so greate pleasure, that although thei bee not wearie, yet thei are very desirous for to dooe it: and the thyng is come to so muche effecte, that their maisters doeth chasten theim for it, and doe burne the *Tabaco*, because thei should not vse it, whereupon thei goe to the desartes, and secrete places to dooe it, because thei maie not bee permitted, to drinke them selues drunke with Wine, and therefore, thei are gladde to make them selues drunken with the smoke of *Tabaco*: I haue seen them dooe it here, and happen to them as is saied. And thei dooe saie, that when thei come out of the same traunce, or dreame thei finde theim selues very lustie, and thei dooe reioyce to haue been after the same sorte and maner, seyng that thereof thei doe receiue no hurte.

The Negros do vse it after the maner of the Indians.

The orientall Indians doe vse the Opi and how they vse it.

These barbarous people do vse of ỹ like thinges, to take awaie wearines, and not onely it is vsed in our Occidental Indias,

Indias, but is also a common thyng in the Orientall Indias. And also in the Portingall Indias, for this effecte, thei dooe sell the *Opio* in their Shoppes, euen as thei sell Coserua, with the whiche the Indians doe vse to ease themselues, of their labour that thei dooe take, and to bee merie, and not to feele paines, of any greate labour of the bodie, or of mynde that maie come vnto theim, and thei call it there emongest themselues *Aphion*. Of this *Aphion* the Turkes dooe vse for this effecte. The Soldiours and Capitaines that goeth to the warres, when thei doe laboure muche, from the tyme that thei bee lodged, that thei maye take reste, thei take *Aphion*, and slepeth with it, and thei remaine lightened of their labour: The moste principall people taketh the *Bague*, and it hath a better taste, and a better smell, there is putte to it muche Amber, and Muske and Cloues, and other spices: That surely it is a thyng of admiration, to see that these Barbarous people dooe take suche Medicines, and so many of them doe take it, and that it doeth not kill theim, rather thei take it for health and remedy, for their necessitie.

Historie.

I sawe an Indian of those partes, that in my presence did aske Apoticarie a quart of *Opio*, and I asked him wherfore he would haue it, and he tolde me that he tooke it to put awaie wearinesse, whē he did feele hym self ouer muche greeued, and afflicted with laboure, and he tooke the halfe of that as he carried, for the Poticarie gaue hym more then a pinte for twelue pence, and therewith he slepte so muche, that when he awoke from slepe, he founde hym self very muche eased of his wearinesse, in suche sorte, that he might continue his labouro, I did merueile at it, and it seemed to me a thyng of mockerie: seeyng that fiue or sixe graines, bee the moste that wee can giue to a sicke persone, how strong so euer that he bee, and this beeyng verie well prepared, dooeth cause many tymes accidentes of death. And many yeres after standyng in the Shoppe of

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an other Poticarie of this Citie, there came an other Indian, of the same Orientall Indias, and he did aske of the Poticarie, that he should giue hym *Aphion*, the which Poticarie vnderstoode hym not, and I remembryng my self of the other Indian, I caused hym to shewe to the Indian *Opio*, and in shewyng it to hym, he saied that it was that, whiche he asked, and he bought a quarter of a Pinte of it, and I asked of the Indian, wherefore he would haue it, & he tolde me the same that the other Indian did: that it was because he might labour, and ease hym self of his wearines and that he did beare burdens, and that he should helpe to discharge a Shippe: wherefore he would take the one half that he might therwith labour, and the other halfe after he had laboured, that therewith he might take ease, and reste. Then I gaue credite to the firste Indian, of that he saied vnto me, and since I haue beleued that, whiche I haue seen, and redde, in those partes to bee a thyng in common, for the like effectes. And truely it is a thyng worthie of greate consideration, that fiue graines of *Opio* dooeth kill vs, and three score dooeth giue them healthe, and reste.

The Indians dooeth vse the *Tabaco*, for to suffer the drieth, and also for to suffer hunger, and to passe daies with out haupng nede to eate or drinke, when thei shall trauaile by any desarte, or dispeopled Countrey, where thei shall finde neither water, nor meate. Thei doe vse of these little baules, whiche thei make of this *Tabaco*, thei take the leaues of it, and doe chewe it, and as thei goe chewyng of thē, thei goe mingling with them certaine pouder, made of the shelles of Cockles burned, and thei goe minglyng it in the mouthe all together, vntill that thei make it like to dowe, of the whiche thei make certaine little baules, little greater then Peason, and thei put theim to drie in the shadowe, and after thei keepe them, and vse them in this forme followyng.

The Tabaco taketh away drought.

Little Bales for honger and drought.

The maner to vse them.

When thei vse to trauaile by waies, where thei finde

no water nor meate: Thei take a little baule of these, and thei put it betwene the lower lippe and the teethe, and thei goe chewyng it all the tyme that thei doe trauell, and that whiche thei doe chewe, thei doe swallowe it doune, and in this sorte thei dooe iourney, three or fower daies, without hauyng neede of meate, or drinke, for thei feele no hunger, drieth, nor weakenesse, nor trauaile doeth trouble them. I doe thinke that to iourney after this sorte, is the cause thei goe chewyng continually the little baules: thei doe bryng fleume into the mouth, and doe retourne to swallowe them into the stomacke, the whiche dooeth retaine the naturall heate, whiche doeth go consumyng, and maintainyng themselues of them, the whiche wee doe see happen in many beastes, for that muche tyme of the Winter, thei bee shut vp into their Caues, and hollowe places of the yearth, and dooe passe there without any meate. And for that thei haue to consume the naturall heate, of the fatnesse, whiche thei had gotten in the Summer, the Beare beeyng a greate and fearse beaste, muche tyme of the Winter is in his Caue, and doeth liue without meate, or drinke, with onely chewyng his pawes, the whiche perhappes he doeth for the saied cause: this is the substance whiche I haue gathered of this Hearbe, so celebrated and called *Tabaco*, for that surely it is an Hearbe of greate estimation, for the greate vertues that it hath, as wee haue saied.

Hereafter followeth a further addition of the Hearbe called Tabaco: otherwise called by the Frenchemen *Nicotiane*, Which Hearbe hath doen greate Cures in the *Realme of Fraunce and Portingall*, as hereafter at large may appeare in this folowyng.

Nicotiane Chap. 76.

Nicotiane the chiefest emong other medicinable hearbes.

NICOTIANE, although it bee not long since it hath beene knowen in Fraunce, notwithstanding it deserueth Paine and Price emong all other Medicinable herbes, it deserueth to stande in the first rancke, by reason of his singuler vertues, and as it were almost to be had in admiration, as hereafter you shall vnderstande. For that none suche as of auncient tyme, nor of late daies, that haue written the nature of plantes, did euer make mētion thereof. I haue therfore learned the whole Hystory therof, the which I learned of a gentleman my very frende, the first authour, inuenter, & bringer of this hearbe into Fraunce, wherfore I thought good to publishe it by writyng for their sakes, that haue so often heard speakyng of this saied hearbe, and yet neither knewe the Hearbe, nor the effectes thereof.

Nicotiane wherefore so named.

This Hearbe is called *Nicotiane*, of the name of hym that gaue the firste intelligence thereof into this Realme, as manie other Plantes as haue taken their name of certaine Grækes and Romaines, who hauyng beene in straunge Countries, for seruice of their common weales, haue brought into their countries many Plantes, whiche were vnknowen. Some haue called this Hearbe the Quænes herbe, because it was firste sente vnto her, as hereafter

The Queene Mothers herbe.

shalbe declared by the Gentleman, that was the first inuenter of it, and since was by her giuen to diuers for to sowe, where by it might be in this Lande. Others haue named it the greate Priours hearbe, for that hee caused it to multiplie in Fraunce, more then any other, for the greate reuerence that hee had to his Hearbe, for the Diuine effectes therein contained. Many haue giuen it the name, *Petum*, whiche is in deede the proper name of the Hearbe, as they whiche haue trauelled that Countrey can tell. Notwithstandyng, it is better to name it *Nicotiane*, by the name of hym that sente it into Fraunce first, to the ende that he may haue the honour thereof, accordyng to his desert. For that he hath inriched our Countrie, with so singular an hearbe. Thus muche for the name, and now harken further for the whole Historie.

The graund Priours hearbe.

Petum.

Maister Nicot Ambassadour for the king in Portugall.

Maister Jhon Nicot, Counseller to the Kyng, beeyng Embassadour for the Kyng in Portugall, in the yere of our Lorde. 1559. 60. 61. wente one daie to see the Prysons of the kyng of Portugall, and a gentleman beeyng the keeper of the saied Prisons presented hym this hearbe, as a strange Plant brought from Florida, the same Maister Nicot, hauyng caused the saide hearbe to be set in his Garden, where it grewe and multiplied marueilously, was vppon a tyme aduertised, by one of his Pages, that a young man, a kinne to that Page, made a saye of that hearbe brused, both the hearbe and the Joice together vpon an vlcer whiche he had vpon his cheeke nere vnto his nose, comming of a *Noli me tangere*, whiche begã to take roote alredy at the gristles of the Nose, wherewith he founde hym selfe marueilously eased. Therefore the saide Maister Nicot caused the sicke yong man to be brought before hym, causing the said herbe to be continued to the space eight or tenne daies, this saide *Noli me tangere*, was vtterly extinguished and healed: and he had sent it, while this cure was a worckyng to a certaine Phisition of the kyng of Portugall of the moste fame, for

Experience of the Noli me tangere.

to

to see the further worckyng and effect of the said *Nicotiane*, and sendyng for the same young man at the ende of tenne daies, the saide Phisition seeyng the visage of the said sicke yong man certified, that the saide *Noli me tangere* was vtterly extinguished, as in deede he neuer felt it since.

Experience for woundes

Within a while after, one of the Cookes of the saide Embassadour haupng almoste cut of his Thombe, with a greate Choppyng knife, the Steward of the house of the saied gentleman ranne to the saied *Nicotiane*, and dressed hym therewith fiue or sixe tymes, and so in the ende thereof he was healed: from that tyme forwarde this hearbe began to bee famous throughout Lisborne, where the court of the kyng of Portugall was at that presente, and the vertue of this saide hearbe was preached, and the people beganne to name it the Ambassadours hearbe. Wherefore there came certaine daies after a gentleman of the countrey, Father to one of of the Pages of the Ambassadour, who was troubled with an vlcer in his Legge, haupng and had the same twoo yeres, and demaunded of the saide Ambassadour for his hearbe, and vsing the same in suche order as is before written, at the ende of tenne or twelue daies he was healed. From that tyme fourth the fame of that same hearbe encreased in suche sorte, that manye came from all places to haue that same hearbe. Emong all others there was a woman that had her face couered with a Ringworme rooted, as though she had a Vilour on her face, to whom the saide L. Embassadour caused the hearbe to bee giuen her, and tolde how she should vse it, and at the ende of eight or tenne daies, this woman was throughlye healed, she came and shewed her selfe to the Ambassadour, shewyng hym of her healyng.

Lisborne.

The Ambassadours herbe.

Experience of an olde vlcer.

Experience for the Ring wormes.

After there came a captaine to present his Sonne sicke of the kinges euill to the saide L. Ambassadour, for to send hym into Fraunce, vnto whom there was a saye made of the said hearbe, whiche in fewe daies did beginne to shewe

Experience for the kings euill.

greate signes of healyng, and finally was altogether healed of the kinges euill.

The Lady of Mountigue dead of a noli me tangere in her Breast.

The L. Ambassadour seeing so great effectes proceeding of this hearbe, and hauyng heard say that the Lady Montigup that was, dyed at Saint Germans, of an vlcer hedde in her brest, that did turne to a *Noli me tãgere*, for the which there could neuer remedy bee founde, and likewise that the Countesse of Ruffe, had sought for all the famous Phisitions of that Realme, for to heale her face, vnto whom they could giue no remedy, he thought it good to communicate the same into Fraunce, and did sende it to kyng Fraunces the seconde, and to the Quéene Mother, and to many other Lordes of the Courte, with the maner of gouernyng the same: and how to applie it vnto the saide diseases, euen as he had found it by experience, and chiefly to the lorde of Iarnac gouernour of Rogell, with whom the saide Lorde Ambassadour had great amitie for the seruice of the kyng. The whiche Lorde of Iarnac tolde one daye at the Quéenes Table, that he had caused the saide *Nicotiane* to be distilled, and caused the water to be dronke, mingled with water *Euphrasie*, otherwise called eyebright, to one that was shorte breathed, and was therewith healed.

How the Nicotiane was brought into Fraunce.

Distilled water of Nicotiane, singuler good for short breathes.

This hearbe hath the stalke greate, herded and slymie, the leafe lardge and long bearded slymie, she doth growe in branches halfe foote to halfe foote, and is verye full of leaues, and groweth in height foure or fiue foote. In hot countries she is nine or tenne monethes in the yere laden, in one selfe tyme, with leaues flowers, and Coddes full of ripe graines, whiche is when they are waxed blacke, and to bee ripe, whiche is when they are yet greene, she syzoutes forth nére the Roote muche, and reuiueth by a greate quantitie of buddes, and notwithstandyng the grain is the least seede in the worlde, and the rootes be like smale thredes.

The figure of Nicotiane

Ground fit for Nicotiane.

Nicotiane doth require a fat grounde finely digged, and in the colde countrey verie well dounged, that is to saie, a grounde,

grounde, in the whiche the doung be so well mingled and incorporated, that it be altogether tourned into earth, and that there appere no more doung.

The Sunne fit for Nicotiane.

She requireth the south Sunne, and to be planted by a wall, which may defende her against the Northe winde recouerynge the heate of the Sunne against her, being a warrant vnto the saied hearbe againste the tossyng vppe of the winde, because of her weakenes and highnes.

To watter Nicotiane.

She groweth the better beyng often wattred, and reuiueth her selfe by reason of the water in tyme of droughtes she hateth the cold, therefore to preserue her from dyng in the Winter tyme, she must either be kepte in Caues made of purpose within the saied gardens, or els to couer her with double Matte, and to make a Penthouse of Reede on the Wall ouer the hearbe, and when the Southe Sunne shineth, to open vnto her the Doore of the place where the hearbe is on the Southside.

How to kepe Nicotiane in Winter.

The sowing of Nicotiane.

For to sowe it, there must be made a hole in the grounde with your finger, as deepe as your finger can reache, then cast into that hole. 40. or 50. graines of the saied Sæde together stopping againe your hole, for it is so small a Sæde, that if there bee put in the hole but three or foure graines thereof, the earth would choke them, and if the weather bee drie, the place must bee wattred lightly duryng the tyme of fiftene daies after the sowyng thereof, it may also be sowen like vnto Lettis and other suche hearbes.

To remoue Nicotiane.

And when the hearbe is out of the grounde, for so muche as euery Graine thereof will bryng fourth his Twigge, and that the little Threedes of the Roote are the one within the other, you muste make with a greate knife a greate compasse within the earth rounde about the saide place, and to lift vp the earth together with the Sæde, and to caste it in a Paile of water, so that the earth be separated, and that the little twigges may swimme aboue the water, then shall you take them without breakyng, the one after the other,

and

and you shall put eache of them againe by themselues, with the selfe same earth, and shall set them three foote from the wall, leauing fower foote space from one Twigge to another, and if the earth which is neere vnto the wall, be not so good as it ought to bee, you shall prepare and amende it as aforesaide, helpyng the said Twigges so remoued by often watteryng.

The tyme to sowe Nicotiane.

The tyme to sowe it is in midde Aprill, or at the beginnyng. As touchyng the vertues, it will heale *Noli me tangere*, all olde Soares, and cankered Vlcers, hurtes, Ringewormes, greate scabbes, what euill soeuer bee in them, in stamping the leaues of the said hearbe in a cleane Morter, and applyng the hearbe and the Joyce together vpon the griefe, and the parties muste abstaine from meate, that is, salte, sower, and spiced, and from strong wine, except it bee well wattred.

Vertues of Nicotiane.

Noli me tangere.

The leafe of this hearbe beyng dried in the shadowe, and hanged vp in the house, so that there come neither Sunne, winde, nor fyre, thereunto, and beyng caste on a Chaffyng dishe of Coales to bee burned, takyng the smoke thereof at your mouth through a tonnell or cane, your hed being well couered, causeth to auoyde at the mouth great quantitie of slimy and flematicke water, whereby the body will be extenuated and weakened, as though one had long fasted, thereby it is thought by some, that the dropsie not hauyng taken roote, will bee healed by this Perfume.

Woundes. Cankered vlcers. Perfume of Nicotiane good to make one voide water at the mouth The Dropsie The smoke of Nicotiane serueth for to nourishe.

Moreouer the inhabitauntes of Florida do norishe themselues certaine tymes, with the smoke of this Hearbe, the whiche thei receaue at the mouth through certain coffins, suche as the Grocers do vse to put in their Spices. There be other oyntmentes prepared of the saied hearbe, with other simples, but for a truth this only simple hearbe, taken and applied as aforesaide, is of greater efficacie, notwithstandyng one may make thereof an oyntment, which is singular, to cleanse, incarnate, and knit together all maner of

Oyntment of Nicotiane.

woundes,

woundes, the makyng of the saide Dyntmentes is thus. Take a pounde of the freshe Leaues of the saied Hearbe, stampe them, and mingle them with newe Waxe, Rosine, comon Dyle, of eche three ounces, let them boyle altogether, vntill the Joyce *Nicotiane* be cõsumed, then adde therto three Dunces of Venise Turpentine, straine the same through a Linen clothe, and keepe it in Pottes to your vse.

Lo, here haue you the true Historie of *Nicotiane*, of the whiche the saied Lorde Nicot, one of the Kynges Counsellers firste founder out of this hearbe, hath made mée priuie aswell by woorde as by writyng, to make you (frendly Reader) partaker thereof, to whom I require you to yelde as hartie thankes as I acknowledge my self bounde vnto hym, for this benefite, receiued.

The Sassafras.

Of

¶ Of the Tree that is brought from the Florida, vvhiche is called Sassafras.

The History of the Sassafras.

FRom the Florida whiche is the firme Lande of our Occidentall Indias, lyyng in xxv. degrees, thei bryng a woodd and roote of a tree that groweth in those partes, of greate vertues, and great excellencies, that thei heale there with greeuous and variable deseases.

It maie bee three yeres paste, that I had knowledge of this Tree, and a Frenche manne whiche had been in those partes, shewed me a peece of it, and tolde me merueiles of his vertues, and how many and variable deseases was healed with the water, whiche was made of it. I gaue at that tyme no credite to hym, for that in these thynges of Plantes, and Herbes, whiche is brought from other places, thei saie muche, and knoweth little, vnlesse it bee by a man that hath experience of theim, with care and diligence, the Tree and the partes thereof liked me well, and I iudged that, whiche now I dooe finde to bee true, and haue seen by experience. He tolde me that the Frenche men, whiche had been in the Florida at that tyme, when thei came into those partes, thei had been sicke the moste of theim, of greeuous and variable deseales, and that the Indias did shewe them this Tree, and the maner how thei should vse it, and so thei did, and thei healed of many euilles, whiche surely it doeth bryng admiration, that one, onely remedy should doe so variable, and so merueilous effectes.

Historie.

After that the Frenche menne were destroied, our Spaniardes did beginne to ware sicke, as the Frenche menne had dooen, and some whiche did remaine of them, did shewe

it to our Spaniardes, and how thei had cured them selues with the water of this merueilous Tree, and the maner whiche thei had in the vsyng of it, shewed to theim by the Indians, who vsed to cure theim selues therewith, when thei were sicke of any grief.

Our Spaniardes did begin to cure theim selues with the water of this Tree, and it did in theim greate effectes, that it is almoste incredible: for with the naughtie meates and drinkyng of the rawe waters, and sleepyng in the dewes, the moste parte of theim came to fall into continuall Agues, of the whiche many of theim came to opilations, and of the opilations thei came to swell, and when the euil began: imediatly it began to take awaie the luste that thei had to their meate, and then came to theim other accidentes, and deseases, as suche like Feuers are accustomed to bryng: and hauyng there no remedie to bee healed, thei did what the Frenche menne had counsailed them, doyng that whiche thei had doen, whiche was in this forme.

Thei tooke vp the roote of this Tree, and tooke a peece thereof, suche as it semed to theim beste, thei cutte it small into verie thinne, and little peeces, and cast them into water, at discretion, that whiche thei sawe was needefull, little more or lesse, and thei sodde it the tyme that semed needefull, for to remaine of a good coulour, and so thei dranke it, in the mornyng fastyng, and in the daie tyme, and at dinner and supper, without keepyng any more waight, or measure, then I haue saied, nor more keepyng, nor order then this, and of this thei were healed of so many griefes, and euill deseases. That to heare of them what thei suffred, and how thei were healed, it doeth bryng admiration, & thei whiche were whole dranke it in place of wine, for it doeth preserue them in healthe: as it did appeare verie well by theim, that hath come frō thence this yere, for thei came all whole and strong, and with good coulours, the whiche doeth not happen to them that dooeth come from those partes, and from other

They which were whole dranke it.

other conquestes, for thei come sicke and swolne, without coullour, and in shorte space the moste of theim dieth: and these soldiours doeth trust so muche in this woodde, that I beyng one daie emongest many of them, informing my self of the thynges of this Tree, the moste parte of them tooke out of their pokettes, a good peece of this woodd, and said: Maister, doe you see here the woodde, that euery one of vs doth bryng for to heale vs with all, if we do fall sicke, as we haue been there: and thei began to praise so muche, to confirme the meruelous workes of it, with so many examples of them that were there, that surely I gaue greate credite vnto it, and thei caused me to beleeue all that thereof I had heard, and gaue me courage to experimente it, as I haue doen, and as we shall see in the meruailes, whiche wee shall treate of it: and now we come to shewe the discription, and forme of this Tree.

The discription of this Tree.

The Tree from whence thei dooe cutte this woodde, whiche thei newlie brought from the Florida, called *Sassafras*, it is a Tree that commeth to bee verie greate: there bee of the middle sorte, and lesser sorte, the greater sorte is of the bignesse of a Pine Tree, of a meane height, and well nere to the makyng of it, for he is straight, he dooeth caste out no more but one braunche of bowes, after the maner of a Palme Tree, onelyn the highest parte, he casteth out bowes after the maner of a Pine Tree, made clene, makyng of the bowes whiche he doeth caste forthe, a forme of rotondnesse: it hath a grosse rinde of a Taunie coulour, and vpō it an other thinne rinde, of the coulour of Ashes, and vpō the inner parte thereof, the Trees and bowes bee white, and nere like to Taunie, the Tree and bowes are verie light, the rinde beeyng tasted, it hath an excellente sweete smell, and it is somewhat like to the smell of Fenell, with muche sweetenesse of taste, and of pleasaunte smell, so muche that a little quantitie of this woodde beyng in a chamber, dooeth fill the ayre conteined in it, and his rinde hath some sharpe-

nesse of taste, the inner parte hath little smell, the higher part that doeth contain the bowes hath leaues, the whiche bee greene, after the maner of a Figge Tree, with three poinctes, and when thei are little, thei be like to the leaues of a Peare Tree, in onely the shewyng their pointes, thei bee of coullour a ladde Greene, and of a sweete smell, and muche more when thei bee drie. The Indians doeth vse to put them beaten or stamped vpon bruses, or of any manne beaten with drie blowes, and beeyng drie, thei are vsed in Medicinable thynges. Thei lose not their leaues, thei are alwaies greene, if any doe drie and fall, there springeth other, it is not knowen that it hath any flower, or fruite.

The rootes. The rootes of this Tree be grosse, or solender, conformable to the greatnesse of the Tree, thei bee light, but not so muche as the bodie of the Tree, and his bowes, but for his greatnesse, he is notable light.

Note. The roote of this Tree is verie superficiall, spreadyng in the vpper face of the soile or grounde, and so thei roote theim vp easily, and this is a common thyng in the Trees of the Indias, that moste of them hath their rootes of smal depth, and if thei carrie any plantes frow Spaine to plant if thei doe not sette them of small depth in the grounde, thei giue no fruite.

The best is the roote. The beste of all the Tree is the roote, and that dooeth woorke the beste effecte, the whithe hath the rinde verie fast to the inner parte, and it is of the coulour Taunie, and muche more of swete smell then all the Tree, and his braūches, the rinde dooeth taste of a more sweete smell, then the Tree, and the water beeyng sodden with the roote, is of greater and better effectes, then of any other parte of the Tree, and it is of a more sweete smell, and thereof the Spaniardes dooeth vse it, for that it is of better and greater effectes, and for the aboundaunce that there is of it, it is a Tree that groweth nere vnto the Sea, and in temperate places, that hath not muche drouthe, nor moisture, there be

Mountaines

Mountaines growyng full of theim, and thei doo calle a moste swéete smell: and so at the beginning when thei sawe them, thei thought that thei had been Trees of Sinamon, and in parte thei were not deceiued, for that the rinde of this Tree hath as swete a smell, as the Sinamon hath, and it dooeth imitate it in coulour and sharpenesse of taste, and pleasaunte smell, and so the water that is made of it, is of moste swéete smell and taste, as the Sinamon is, and doeth the same woorkes and effectes that it doeth. *The Sassafras as good as the Sinamon.*

The Tree groweth in some partes of the Floryda, and doeth not grow in others, for that it is in the port of sainct Elen, and in the porte of saincte Mathewe, and it is not in any other partes, but when the Soldiours did waxe sicke, in places where this Tree was not, either thei carried thē to bee healed to the saied places, or thei did sende theim the Trees, or their rootes chiefly, and therewith did heale thē. *The complexiō and temperature of the Tree.*

The beste of the Tree is the Roote, and after the Bowes, and after the Tree, and the beste of all is the Rindes, the complexion and temperature of the Tree and of his Bowes, is hotte and drye in the seconde degree, the Rinde is somewhat more hotte then the reste, for that it entereth into the thirde degree, of heate and dryeth, and this is manifestly seen in the water, and so thei that shall nede of it, muste procure to haue the Rootes or Bowes, whiche hath the rinde for that whiche is without it, doeth not take so good effectes.

The name of this Tree as the Indians dooeth name it, is called *Pauame*, and the Frenche menne doeth call it *Sassafrias*, I knowe not wherefore our Spaniardes dooeth call it after the same maner, beyng taught by the Frenche menne, although that some doeth corrupte it, and calleth it *Sassafragia*, by the name that we haue from thence, and thei of these partes doeth call it *Sassafras*. *The name.*

The vse of the Roote, or of the woodde of this Tree the whiche we haue treated of here, is by the waie of Seething, *The vse by seetyng.*

thyng', and in this forme the Indians did shewe it to the Frenche menne, and thei vnto vs: and as the Indians hath neither weight nor measure, thei haue not kepte in those partes, any order in the makyng of the water of this wood for that thei doe no more in those partes, then to put a pece of woodde, or the roote at their discretion made peeces, in the water as thei dooe thinke beste. And thei doe Sœth it after their maner, without consumyng more quantitie, then when thei dooe see that the Sœthyng is sufficiente, so that all thei whiche hath come from those partes, are verie variable in their maner of Sœthyng, whiche is no small confusion to them that shall vse it: and likewise to the Phisition that shall minister it, that whiche I doe in this I wil saie. I doe looke vpon the complexion, and temperature of the sicke persone, that shall take and vse this water, as also the maner and qualitie of the desease, and conformablie I doe make the water, and giue it to the sicke person, giuyng to the Cholerike lesse sœthyng, and lesse quãtitie of wood, and to the Flegmaticke more sœthyng, and more quantitie of woodde, and to the Sanguine meanablie: and so after this sorte to their infirmities, accordyng to the qualities of them, for that if it bee not doen accordyng to this order, thei can not lette to make many errours in the vse of this water, & so it is cõueniẽt that in the more thei kepe the vse of the diet & gouernment which is necessary for the desease whiche thei dooe pretende to cure. Let none thinke that to take this water without order and good consideration, as many doeth, that there shall followe health, rather takyng it without measure and without order, it shall doe vnto thẽ muche hurte, whereby it dooeth seeme to me, that when this water shall bee ministered, as well in the deseases that it dooeth profite, as any other what soeuer thei bee, that thei goe to some learned Phisition, that maie dispose in the maner and makyng of the water, and the order whiche thei shall haue in takyng of it, for that in the Winter it shall be taken

Varietie of Seethyng.

That as the author doth.

taken otherwise then in the Summer. And otherwise it must be giuen to the leane person then to the strong, and in an other maner it muste be taken of the cholericke, then of the flematicke, and one order in the colde Region, and an other order in the hotte. Whereby it is conuenient to keepe order, measure, and forme, in the taking of it, for that there goeth no lesse in it then health and life, considering that we see it hath no price in the worlde, and not to let it alone to the iudgement, of hym that knoweth it not.

Historie.

It did hap to a gentlewoman, vnto whom for certaine indispositions of the Mother, and of greate colde that she had, I did counsell her that she shoulde take this Water of the woodde of *Sassafras*. And I gaue her the order that she shoulde take, in makyng and takyng of it, and was that whiche was conueniente for her desease, and seemyng to her, that to put much of the wood, more then I saide to her, and seething the Water more then I shewed to her, that she shoulde heale the soner, and as she tooke it certaine daies with this strength, she was burdened in suche sorte with a verye greate Agewe, that not onely it stoode her vppon to leaue the water, but it was needefull to let her giue tymes, and put her life in aduenture, and did infamie to the remedie. After she was whole, and had preuailed, she retourned and tooke the water with the order that I had first told her, and she healed very well, of her desease. It is tyme that wee come to the vertues of this woodde so excellent, and let vs speake perticularly of euery one of them, as we haue knowen, and experimented.

The vertues that it hath.

In generall our Spaniardes in those partes of the Florida, where they haue been and now are, do vse of this aforesaide water sodden at their discretion, for all maner of deseases, without makyng exception of any. And beyng sicke of any maner of euill which commeth vnto them, sharpe, or large, hot, or colde, greeuous or otherwise, they doe cure all one maner of fashion, and they heale all with one maner of

water, without makyng any difference, and the best is that all be healed, and of this they haue so muche trust, that they feare not the euilles whiche are present, nor haue any care of them that be to come, and so they haue it for a vniuersall remedy, for all maner of deseases.

It healeth opilations.

In one of the thinges that they haue founde most profite in this water was in Opilations, in the interiour partes, of the which they came to be swolne, and to make them full of the Dropsie the most parte of them. For of the long and large heates whiche they had, they came well neere generally to haue these Diseases. And with the water both the swellyng and the opilation went awaie, and therewith thei came to be made whole of the Quotidian Agewes, whiche the most parte of them had. For in goyng thether the moste parte of them fell sicke, of these large and importunate Feuers, in the whiche I haue experience for this Water, beeyng taken as it ought to bee, it maketh marueilous effectes, and hath healed many therewith. For the principall effecte that it hath, is to comforte the Liuer, and to dissolue Opilations, and to comforte the stomacke, whiche are the twoo principall thinges, that are moste conuenient for the Phisition to doe, that the sicke may be healed of the like diseases. For in these euilles it is not to be feared that the humors be corrupted. But if the principall members be hurt, so that one of the thynges that these Medicines whiche are brought from our Indias do principally, when the water of any of them are taken, is to comforte the Liuer, and to amende it, that it may ingender good humors, for if this be not doen, the Cure is in vaine. And so our *Sassafras* hath a marueilous propertie, to comforte the Liuer, and to dissolue Opilations, in suche sort that it doe ingender alowable bloud.

It comforteth the Liuer and the Stomacke and doth dissopilate.

Historie.

I did heale a yong man whiche had an Opilation of certaine Tertians. And thereof he was all swolne, in such sort that he was well nere full of Dropsie. And with pourging hym

hym many tymes with Pilles of *Ruibarbe*, and by takyng of *Dialaca* amongest the saide Pourgations. And drinking the water of this *Sassafras*, continually without drinkyng of any other thyng, hee came to heale verie well, and was cleane of his swellynges, and opilatiõs. And he did not let to drinke it vntill he remained perfectly whole.

The maner of curyng with this water made of the *Sassafras*, for the Tertian Agewes and large Feuers, I will shewe you what doeth passe in this pere, that I doe write this. There haue bene many people diseased with the Tertian Agewes, so importunate that no maner of Medicine was sufficient to take them awaie, and to roote them out, in so muche that we did let many alone, with onely good order, and good gouernement, without healpyng them any more. They did remaine opilated, and with euill colour of the face, and some swolne.

And in this tyme it was, when the Capitaine generall Peter Mellendis came from the Florida, and brought with hym in common this woodde of the *Sassafras*, and as euerie man did so praise it, many of them that had Tertians did take Water of the *Sassafras*, keepyng the order that the Souldiars gaue them, and surely I sawe in this greate maruailes, for that they healed many with the vse thereof. Not onely of the Tertians that so muche did molest them, but of the Opilations and euill coulour that they had. And seyng this, I caused other to take it, that without counsell durst not to doe it. And it did very well with them, but it must be wel seen vnto how it should be giuen and to whom, that the cause may carry with it order and measure. *Peter Mellendis.*

That whiche ordinarily was doen, was to geue one cup full of the water well sodden, in the Morning with Sugar or without it, and after to drinke the Water continually, that which was more simple, then the first. And as the Phisition doth see that whiche shall be most conuenient for him that is sicke, keepyng the conditions in the takyng of *How this water muste be giuen.*

this water we shall speake of.

Digression. And surely it is a thing that giueth greate contentment to heale onely with the drinkyng of water, beyng of a sweet smell, and good of sauor whiche is taken. And dronke without any maner of griefe, and doe that woorke which sharpe Medicines and Sirupes of euill sauour and taste can not doe, and suche as did drinke Wine, did watter their Wine with it, and they found themselues well withit.

To giue appetite to eate In one thyng was seen greate profite. In the vse of this water, & was in them that had loste the luste of their meate, that it was restored to them, and the lothelumnes was taken from them, with the vse of it. Many did preuaile and come to their health quickely. And the vse of this Water doth cause lust to meate, the Souldiers doe preache it with suche admiration, that some came to leaue it, and not to drinke it, for because that it caused theim to haue so greate hunger, that they could not withstand it. And because there was no such aboundaunce of meates wherwith thei might satisfie their hunger, whiche the Water was cause of, they would not drincke it, who had not sufficient for their maintenaunce, for they did al vse it for a drinke in place of wine, and that it was a greate remedie for theym, that by it they might come whole, as appeareth by theim whiche came from those partes where they doe vse it.

How a Phisition of the Hauana doth vse it. In the Hauaua there is a Phisition, who they doe take for a man that doth vnderstande well in these causes. The whiche did cure manye of them whiche came in the Flete from the newe Spaine sicke, with onely the vse of this water, without genyng or making vnto them any other benefite. And it did verie well with theym, for that many were healed, he gaue them to drinke as muche as they would, all the daie, and at Dinner and Supper, and in the Morryng he gaue a Cuppe full warmed, to them that could not goe to stoole, with a little Sheuger not very white, and it went very well with them, for their going to stoole. And to other

he

he gaue Medicines of this water only and Houy, and it did a good woorke, I did cure here some that were cured in the Hauana. And beyng cured in this maner, they whiche came not well healed here they were fully healed.

In griefes of the head, and in paines thereof beeyng very olde, whiche doe procéede of any colde cause, taking this water hot in the Mornyng well sodden, and at Dinner and Supper, and in the day tyme simple with good gouernement as well in the Meate that is eaten, as in the rest of all other thinges. Doyng this for many daies, it cureth and healeth marueilously. It is cõuenient for hym that shall do this, that he pourge hymselfe firste, and in the tyme that hee must take it, that he vse certaine Pilles of *Hiera simplex*, and he hath no néede to keepe hymselfe close nor keepe his Bedde. He that shall take this, it is inough that he go well clothed, and that he kéepe hymselfe from the colde and ayre, and that he vse to eate good meates. *In the beadache.*

In griefes of the breast caused of cold humors, this water doth profite much, and doth open the waies of the brest. It doeth consume moysture and fleames, it doeth staie the fluxe, and the runnyng whiche doth come from the head to the breast. It must be taken in the morning hot, and drinke it continually simple, besides the ordenary drinkyng in the Morning, it muste bee drunke simplie for a long tyme. For that these simple waters as they doe their woorkes by little and little, it is needefull that it be continued for a long season. It is good that there be put some sheuger to it, because it may make a better woorke. *In euils of the breste.*

In griefes of the Stomacke when the cause is colde or windie, after that the vniuersall euacuations bee made, takyng this water in the morning strong, and as it is saide simple, at other tymes, it taketh it awaie and healeth it, chiefly if there bee any olde griefe, for that I haue giuen it for this effect, to men that many yeares did suffer most greuous paines in the stomacke, and with takyng the water in *In griefes of the Stomake*

the mornyng hot for certaine daies, and continue with the simple water for a long tyme, and taking once euery weeke Pilles of *Hiera simplex*, many people doe heale verie well. We haue declared how that the vse of this water doth restore the apetite lost, and geueth luste to meate.

For the weakenes of the Stomake of them whiche doe not consume their meate, and for them whiche doe vomite their meate.

In the weakenes of the stomacke, and in the lacke of naturall heate, where that whiche is eaten is not consumed, it doth greate effectes, and doth healpe digestion. It consumeth windes, whiche are the cause of indigestion, it doeth take awaie a stinking breath, and vnto them that doe vomite their meate, it taketh awaie this euill custome, so that they eate little, and vse continually to drinke this Water without wine. And aboue all other thinges it maketh a good breath, and a good smell at the mouthe.

In the griefe of the Stone.

In the disease of the stone of the Kidneis and Raines, vsing this Water hotte when they haue this griefe, it doth greate profite, and muche more vsing it continually simple by it selfe, or with Wine, for that it doth preserue that the paine come not so continually nor so greeuous. And also it maketh hym that dooeth vse it, to caste out muche Sande, where the stones be ingendred. And also it causeth the stones that are in the Raines to be cast out, and doth staie the ingenderyng of them, for that it doth consume the fleames, of the whiche they doe principally ingender, and the windes that bee many tymes the causes of the paines.

It causeth to cast out grauell and stones.

To them whiche haue the burnyng of the Urine, and to suche which haue greate burning at the tyme that they doe make their water, and doe feele greate heate. Unto suche it is not cõuenient the vse of this water: for because it is hot.

To whom the vse of this Water is not conuenient.

All suche should vse of that woodd, whiche I haue written of in the firste parte of this Historie, whiche is excellent, for suche as doeth suffer the like burnynges and paines, for the stones and Sandes, for all those euilles commeth of heate: it is merueilous that it dooeth, saiyng that if there bee any Stone in the Bladder, from whiche place

Of the wood for the stone.

dooeth

dooeth proceede the like burnyng: for in suche a case none of these waters dooeth take effecte, but onely the Surgions Raser when the Stone is greate, it is that whiche dooeth profite, as I haue seen in many: That saiyng it is a Stone, it is no Stone, Death hath come vnto them that had it, and if thei had been opened in tyme, thei might haue liued many yeres, as wee haue seen in many of sixtie yeres and more to bee opened, and liue vntill thei came to eightie yeres and more.

And I dooe aduertise that this woodde, whiche I dooe call of the Urine, and the Stone, dooeth make the Water Blewe, for if it doe not make the water Blewe, it is not the right woodde. And now thei bryng a woodde, whiche dooeth make the water Yeallowe, and this is not it whiche dooeth profite, but that whiche maketh the water Blewe, and this hath caused the couetеousnesse of theim that dooeth bryng it, because thei haue seen that it is well solde in this citie, for the manifeste profites that it dooeth, in these griefes of the Urine, by temperyng of the Raines, and the Liuer, and dooyng many other benefites: And thei bryng of all the woodde that thei finde, and sell it for woodde of the Stone. The same hath happened in the *Mechoacan*, as it came to bee worthe twentie Ducattes the pounde, thei laded so muche from thence of it, some not beeyng ripe, other not beyng it, that when it is come hether, it dooeth not make the effecte, that the good and well seasoned was wonte to dooe. Whereby it is needefull to see to that whiche is taken, that it bee the same, and that it bee well seasoned. That whiche is very White, is not suche as the Yeallowe is, in myne opinion, for that whiche is Yeallowe, wee dooe see that it dooeth better woorke: it maie bee that the very White bee not of it, and it hath not the perfection that the good hath. And commyng to our water of *Sassafras*, it prouoketh Urine, it maketh theim to Urine well, whiche hath the impedimente of it, chiefly if it bee by humours of colde causes.

The wood of the Vrine wil make the water blewe.

Faulse Mechoacan.

It prouoketh Vrine.

cauſes. I did knowe a Prieſte, whiche came in this fleete frō the Floryda, and beeyng in thoſe partes, he did make water very euill, and did caſte from hym ſtones, ſometymes with very muche griefe, and ſome of them did put hym in hazarde of his life: when he was in the Floryda, as he dranke of the water of *Saſſafras* ordinarily, as many other did in the place of wine: he did auoide many greate and ſmall ſtones, without any paines, and after that hether vnto he hath founde hym ſelf whole, and very well of this euill, by drynkyng the ſimple water of this woodde ordinarily, and wateryng his wine therwith. Many doe drinke of this water for the ſame reaſon, and thei dooe caſte out muche Sande, and doe finde them ſelues well therewith.

In them whiche be lame.

In them that bee lame or creepelles, and in theim that are not able to goe, and to moue theim ſelues. As for the moſte parte it commeth of cold humours: takyng this water hotte in the morynyng, and procuryng ſweate all that he can, eatyng thynges of diet, and drinking the ſimple water continually, vſyng it many daies: wee haue ſeen many healed. And it is to bee noted, that in takyng of this water, there is nothing to be obſerued, as in the other waters: but when thei ſhall take it hotte, and if any ſweate come, keepe it, and after this you maie riſe and goe well clothed: it is not needefull of any thyng els, but of this and good order, and to eate good meates, and if thei ſweate not, it maketh no greate matter, and if he ſweate not, he ſhall heale. I knowe a Capitaine, one of theim whiche came from the Floryda: and he did certifie me that he was ſo leane of all his bodie, that his Soldiours carried hym vppon their ſhoulders, for that in any other maner he could not ſtirre, and he was in a place where the Tree of *Saſſafras* was not, and he ſent for it and toke the water, and therewith ſweate for certaine daies, and afterwarde he tooke it ſimplie, and he did remaine moſte whole, as I did ſee hym whole, and well.

In

In the toothe ache, this woodde beyng broken and chewed with the toothe that is greeued, and leauyng that whiche is chewed in the hole of the toothe, whiche is greeued if it haue any hollownesse, and although that it haue not yet, it taketh awaie the paines merueilouslie, with experience doen vpon many. *In the tooth-ache.*

In the euill of the Poxe, it dooeth the same effectes that the reste of the water of the holie woodd, the *China*, and the *Sarcaparillia* dooeth: takyng it as these waters bee taken with sweates, puttyng vp more or lesse, the seethyng of the water, and the quantitie of the wood, as the complexion is, and the desease of hym that shall take it. For that in colde humours Flegmatike, it maketh a better woorke, then in them that bee Chollerike: and so in the Poxe that bee of a long tyme, it maketh a better and greater woorke, then in them that bee of little tyme: and more where there be knobbes, and moister of matter, and olde grieues of the hedde, with the order as is saied. And in these euilles the simple water is continually taken for a greate tyme: and it dooeth greate effectes, chiefly in theim that bee leane, whiche bee all together weakened and debilited, with the vse of many Medicines. *In the euill of the Poxe.* *The simple water.*

Many whiche hath the Goute, haue vsed, and dooe vse to drinke of the Water of this Tree, some of them takyng it hotte, as wee haue saied, and others simple continually by it self, and waterying their Wine therewith. That as I haue seen, is that in the olde kinde of Goutes, it dooeth neither good nor euill, and if it dooe any good, it is to comfort the stomacke, and to dissolue windinesse, and to giue theim some luste to their meate, and the reste of the benefite that it dooeth, is to them that bee sicke of little tyme, if the cause procede of colde, it dooeth theim notable profite, but if the humour and cause bee hotte, it dooeth them no good, but it hurteth theim, inflamyng and causyng them to haue greater paines. *In the which haue the Goute and the euill of the Ioynses.*

For them that haue foule handes

One thyng I haue seen in many people notable profite, with the continuall vse of this water, and is in them which hath foule deseased handes, whiche can not exercise theim, as thei were wonte to dooe. I healed a gentleman whiche could not write, that when he wente to write, his hande fell doune by little and little, and the penne also, after he had begunne to write not passe fiue or sixe letters. And he toke a Cuppe full of that, as was moste sodden in the morning, and after he dranke it, he was twoo howers in his bedde, and after he rose and went about his businesse. And he did eate at his Dinner good meates, and at his Supper diet, and dranke the simple water of the selfsame *Sassafras*, and he was healed very well: hauyng spente a greate somme of money on Phisitions and Medicines, the whiche did not profite hym any thyng, vntill he came to bee remedied in the order as it is saied.

The water hot maketh a man go to the stoole.

Many did certifie me that, whiche now I doe see by experience, learned of theim that were sicke in the *Hauana*, and could not goe to the stoole, that the Phisition whiche is there, did cause theim to take in the morning fastyng, a good Cuppe full hotte of the Water of the *Sassafras*, and it did soften the beallie, and thei went to the stoole verie well, the whiche we haue seen here by experience. And there was a Soldiour whiche did certifie me, and did proue it, with others of his companie, that hauyng stooles by indigestiõ and rawnesse of stomacke, for wante of heate, it tooke them awaie, with takyng of one good cupfull of this water euery morning fastyng, and so with drinkyng it continually, but that whiche he dranke euery morning, he dranke it colde, and yet neuertheless he healed very well of the flixe, whiche he had many yeres.

For the goyng to the stoole by indigestion.

In the euil of Women.

The euill of the Mother and windines.

In griefes of women the Water of *Sassafras* dooeth greate profite, and in especially in that whiche is called the euill of the Mother: and where there is windinesse, it consumeth and dissolueth theim, and any maner of colde of the beallie

beallie, and it doeth dissolue the swellyng of it, curyng ãny maner of desease whiche doeth procede of the Mother. And this is so experimented, and so put in vse, that many hath been healed with this water, that neuer thought to haue healthe. And in the with holdyng the Monethly custome that commeth, not to women, this water maketh a meruei-lous woorke, by prouokyng and makyng it come to them, that wholie dooeth lacke it, takyng one Cuppe full of this water in the mornyng: and drinkyng it ordinarily at Din-ner, and at Supper, and in the daie tyme beeyng more sim-ple, then that in the Mornyng, hauyng good regimente, and dooyng other thynges whiche maie helpe the water, that it maie bee prouoked. And vnto theim that it dooeth not come well it dooeth manifest profite, takyng the water in the forme as it is saied, keepyng them the tyme that thei dooe take it, from suche thynges as maie offende theim, and beeyng vsed it dooeth dispilatie, and dooeth make a good coullour in the face, as it is seen by the woorke of them that doeth vse it, hauyng nede of it. Let them beware if thei haue muche heate, or bee of a hotte complexion, in suche case lett them moderate the quantitie of the woodde, and the seethyng of the water, that as is conuenient, and this is easie to bee dooen, by seeyng how it goeth at the be-ginnyng, with the vse of it, and accordyng thereynto they maie rise or fall, as it seemeth to be necessarie.

with holding the custome of Women.

Where as is muche heate this water is not conue-nient.

Some women dooeth vse of this Water, for to make them with childe, and in some it hath made the effecte kno-wen, that whiche I can saie, is that a gentlewoman, beyng many yeres that she was married, without hauyng chil-dren, she tooke this water, for that her housebande tooke it for certaine euilles of opilations, and of an agewe that re-mained with hym of certain double tercians whiche he had and continuyng in the takyng of it in the Mornyng hotte, and at Dinner simple, and at Supper and in the daie tyme keepyng a good gouernment, of the whiche it came to passe

To make wo-men with childe.

that she was with childe, and brought forthe a Sonne.

Note. And I dooe understande, that one of the principall vertues that this water hath, is to put awaie the Mother for this effecte, for the moste parte of women that hath no childzen, is for the greate colde that is ingendered in the Mother, the whiche dooeth let the cause of generation, and as the water dooeth consume it, comfortyng and dissolvyng the windes, that is the lette of it: I am sure that it will doe manifest profite, as wee haue seen that thei whiche doe not bryng forthe childzen, for haupng to muche heate and drith thei vse not of this Water, for because it will not profite them, and if thei doe take it and feele hurte thereof, let thē not put the fault to the water, but to the complexion, seyng that it is not conueniente for them.

This water doth make fatte. The vse of this water dooeth make fatte, and it is certainly knowen, for we haue seen many leane and sicke, that hath taken it, and hath healed of their euilles, and hath remained with more flesshe, and better coulour, whiche those people that dooeth come from the Florida, doeth praise verie muche, and thei all dooe saie, that the vse of this water dooeth make fatte, and it dooeth happen so to many, and not onely it healeth them of their diseases, but also dooeth make them remaine with a good coulour. And so it semeth by them that commeth from that countrie, for because thei come all fatte, and of a good coulour. I dooe beleue as thei were very sicke, that so thei were very leane and yealllowe, and as thei healed of their infirmities whiche thei had, thei tooke flesshe, and became to haue a good coulour, ingendervng in the Liuer good blood, of the whiche the members were better maintained, then when thei were sicke. And surely it is a greate thing that this water doeth this effect, considervng that it is hotte and drie, if it were not for the causes that is saied. And I haue seen many that entered in, to take the water of the wood leane, and with an euill coulour, and commeth forthe strong and fatte, and of a good

coulour,

couloure, eatyng no other thyng then Resynges, Almondes, and Bisket.

In Pestilent and contagious deseases, that we haue seen in the time of the Pestilence past, there be many that desire to drinke it, for to preserue theim from that euill. And wee doe see that none of them whiche did vse it was wounded of the desease, that went. Many did vse to carrie a peece of the Roote of the wood with them to smell to it continually, as to a Pomander. For with his smell so acceptable it did rectifie the infected ayre: I caried with mee a peece a greate tyme, and to my seemyng I founde greate profite in it. For with it and with the chewing of the rinde of the *Cidra*, or of *Lemmon* in the morning, and in the daye tyme. For to preserue health it hath a greate strength & property. It semeth to mee that I was deliuered by the healpe of God from the fyre, in the whiche we that were Phisitions went in, blessed be our Lorde GOD that deliuered vs from so great euill. And gaue vs this moste excellente Tree called *Sassafras*, whiche hath so greate vertues, and doth suche marueilous effectes as we haue spoken of, and more that the tyme will shewe vs, whiche is the discouerer of all thinges. It shall doe well to showe the quantitie of the woodde, and also the quantitie of the water, wherein it shall be sodden, and put a Rule in waight and measure, in effectes, and temperatures, beyng hot, and others, in colde.

In Pestilente and corrupt ayres.

I will tell you the order that ought to be kept in taking the water of this excellent wood, whiche ought to be made comfortable to the desease of hym that shall take it, and accordyng to the quantitite and complexiom of the sicke bodie. For vnto the cholericke person the water ought to be geuen lesse sodden, and with lesse quantitie of wood, and to the flematicke more sodden, and with more quantitie of wood. So the deseases should be considered of. Vnto them that are verie colde they ought to haue the water more sodden, and with more quantitie of wood. And vnto them that

How this water ought to be made in generall.

be not so colde, but doe participate of some heate: the water ought to bee lesse sodden, and with lesse quantitie of woode. The like shall be in the hot or colde tyme, or of the age of the person, or the most causes to this respect and proportion. And for the more light, I will put here the maner how this water ought to bee vsed, the whiche shall serue howe that they maye rise or fall, conformably to the opinion whiche shall seeme good to euerie one. For in these infirmities that be verie colde, they muste put vp the water in Quillats, both in seethyng and also in quantitie of the wood. And in the deseases that are not so cold, or that doe participate of any heate, they shall put the water lower, in Quillats, seething it lesse, and puttyng lesse woodde, the maner and order is this.

The maner to make it in peaticuler.

You shall chuse the freshest wood that may bee had, and that it haue a Rinde. For that woodde whiche hath not the Rinde, is not good, nor it doth take effect, you must procure that it be of the roote, for that is the best of the tree for this effectes and cures, for the deseases whiche we haue spoken of. And if in case there be no roote, then the bowes are the beste that doe growe in the higher parte of the Trees, and in case the bowes lacke, then is the tree good: So that the one and the other haue the Rinde of the Roote, let there be taken lesse in quantitie, and more of the Bowes, and muche more of the tree, that it must be double more then the roote, let vs speake of the bowes as of a thing in the middest, betweene the Roote and the Tree, and is that whiche continually they doe bryng, of the whiche you shall take halfe an Ounce, and cut it as small as may be. And it must be put into three Pottels of water, in a newe Earthen Pot, and it muste be a steepyng twelue howers: and after it muste bee sodded at a fyre of Coales, vntill the twoo partes be consumed, and the one remaine. And after it is colde let it bee strained and keapt in a glassed vessell, and vpon those small cuttinges of wood that haue been already sodden, let there

The order how to make strong water

Simple water.

be

bee put other three Pottels of water, and let it seeth vntill halfe a Pottell be consumed, and no more, and after that it is colde let it be strained and keapt in a glassed vessell. Let the firste Water bee taken in the Morning fastyng, halfe a Pint hot, and kéepe your selfe warme, and procure to swete, then remoue your selfe into hot cloathyng, and wipe youre selfe from the sweat. And eate of a Henne rosted and drie Fruite, and Conserua, and drinke of the seconde Water at Dinner and Supper, and in the daie tyme. And doe you rise and go well cloathed, and flie from all thinges whiche maye offende you. And at night make a light Supper, and eate drie fruite and Conserua, and doe you eate no flesshe at night, and drinke of the seconde water. And this you maye doe for as many daies as you find your self greued, & if you finde your self well with the vse of this water taken in this maner, procede forward, vntill you be whole, and if not, then goe, taking of the strong water euery third day, and drinke of the simple water continually. After this order it may be geuen in all deseases, that wee haue treated of, and it will profite. But many will not put themselues to this labour, the whiche truely is the best of all others, and that whiche is most conuenient, thei may make the simple water in this forme.

Simple water.

Let there bee taken halfe an Ounce of the woodde, little more or lesse, with the conditions saide, and let it bee made small peeces, and seeth it in three Pottels of water, vntill halfe bee sodden awaie, rather more then lesse. And of this water you may drinke continually, at Dinner and at Supper, and in the daye tyme, and surely taken in this order it doth and hath doen marueilous effectes, and moste greate Cures, in large deseases, and importunate, takyng it and keepyng a good gouernemente in youre Meate and other thynges prohibited. And how so euer it be beyng dronk so simple it doeth greate profite. They that can not forbeare the drinking of Wine, may watter their Wine therewith,

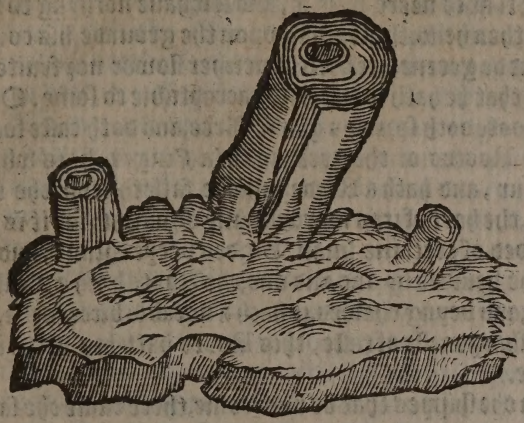
for

for it will rather make it of a better taste and sweetenesse, for this water hath a most sweete smell, and tast, and aboue all, it doth marueilous effectes, as we haue seen and doe see in diuers and sundrie deseases, in the whiche ordinarie remedies of Phisicke doth not profite, with greate examples whiche we haue hereof.

Note. And it is to be concidered that principally it doth profit in large and colde deseases, and where there is windines, and other euilles, that doeth runne this course, the whiche shall be knowen forthwith by hym that shall haue neede of it, and doth vse it. And one thing is to be vnderstoode, that vsing it in the order as is saide, although that hee whiche doth take it hath no neede thereof, it can doe hym no hurte, rather if it be well considered it will doe manifest profite, in the tyme that he shall take it. Although he leaue the taking of it when he doth see that he findeth not the profite whiche hee desireth, nor that it hath doen hym any hurte or harme the tyme whiche he hath taken it.

Carlo

CARLO SANCTO.



¶ Of the Carlo Sancto, a Roote brought from the newe Spayne.

The roote of Carlo Sancto.

They doe bryng from the Newe Spaine within this three yeres a merueilous roote and of great vertues, whiche is called *Carlo Sancto*, the whiche a Father of sainct Frauncis order hath discouered and published in the prouince of *Mechoacan*, beeyng taught by an Indian of that cõtrie beyng verie wise in these thinges, and a man of greate experience, of the vertues of them. In the firste parte wee haue saide that there be many Medicinable hearbes, which haue greate secretes, and vertues. This our *Carlo Sancto* doth growe in that Prouince, in Places whiche are verie

Where it groweth.

temperate, whiche bee not drie nor verie moyst. His forme and figure is like to oure wilde Hoppes of Spaine, for it carieth a Leafe as they doe, and it runneth vp by any other thing that is neere vnto it, and if it haue nothyng to leane vnto: then he lieth all along vpon the grounde, his coulour is a fadde greene, hee carieth neither flower nor fruite, the smell that he hath is little, and acceptable to some. Out of the Roote doth spring a grosse Tree, and doth caste foorthe other Rootes of the greatnes of a Finger, he is white in coulour, and hath a Rinde whiche falleth from the inner parte, the hart of it is marueilously wrought: for it is compounded of certaine small Bordes verye thinne, and they may be deuided by one and one, the Roote hath a pleasaunt smell, and beyng chawed, it hath a notable bitternesse, with some sharpenesse of taste, this Roote hath his vertue in the Rinde.

His forme and figure.

His coulour.

His smell.

The Roote.

His harte marueilous.

His vertue is in the rind of the roote.

In the shippes that be now come, there came the sample of it, and now there is more knowledge of his vertues then before there was. Many of them that came in this Fleate from the new Spaine, do speake much good of this roote. But he that speaketh most of it, is a Gentleman that came from *Mechoacan*, and brought a good quantity of it. That as hee saieth, and also what wee haue experimented of it, we will speake of: and also of his complexion and temperature, it is hotte, and drie, in the firste parte of the seconde degree.

The principall effect that this Roote doth profite in, is in Rewmes, and Runninges of the head, for it causeth them to be caste out at the Mouthe, and bringeth them from the head, by chawyng a little of the Rinde of the Roote, a good tyme, and it must be in the Morning fastyng, it maketh to cast out muche fleame, and humors of the head, that woulde goe to the Stomacke, and other partes, and before this be doen, it is conuenient, that the pacient be pourged.

In Rewmes and rũnyngs of the Nose.

It prouoketh vomit.

Some that doeth chewe it, whiche can easely vomitte, doth

dooeth vomitte with chewyng of it, and it maketh to caste out muche Choller and Fleume, and muche more it maketh them vomitte, if thei take the seethyng of it, for it maketh the humour to bee caste vp, whiche is in the stomacke with muche easinesse. The roote dooeth comforte the stomacke, and it doeth also comfort the gummes by chewyng of it, and doeth fortifie the teethe, and doeth preserue theim from Wormes, and that thei rotte not, nor corrupt: it maketh a good smell in the mouthe, and because it is bitter, it is conueniente after that you haue chewed it, you washe your mouthe with wine, that the bitternesse maie bee taken awaie.

It doth comfort the teth, and doth stay and keepe them from worme eatyng.

In the infirmities of women chiefly, where opilations are, and lacke of pourgation, the pouder of the rinde of the Roote doeth dissolue them, and taketh them awaie, and maketh that the pourgation come well with the vse thereof, it must be taken with wine, or with water, sodden with Coriander, and Sinamon, the whiche thei shall drinke, whiles thei dooe take it: it dissolueth windes, and comforteth the Stomacke whiles thei take it. Thei annointe their bealie with the Dile of liquid Amber, and *Dialtea* of equall partes, and firste thei must bee pourged, and that thei kepe in all good order, and good gouernment.

In diseases of women it prouoketh Purgation.

It dissolueth windes and comforteth the stomacke

In the euilles of the harte, chiefly beeyng ioyned with the Mother, the saied pouders and the water sodden with the rinde of the Roote, dooeth make very greate effectes: Thei muste take the pouder in the order as it is saied: and the weight of twelue pence of the Roote, cutte small and sodden in one pottell and a halfe of water, vntil halfe bee sodden awaie: and then caste into it the weight of twoo shillynges of the rindes of Sidrones beeyng drie, and the weight of twelue pence of Sinamon made in pouder, and giue it certaine seethynges with theim, and then straine it. And thei shall take euery morrnyng a small vessell of sixe ounces of this seethyng with Suger, because it is some-

In the euil of the hart.

what bitter, or without it as you please: and it is to bee noted, that before you do beginne to vse it, you make the vniuersall euacuations, whiche shall bee conuenient.

In the euill of the Poxe.

This gentleman doeth saie which bryngeth this roote that it profiteth muche, in the desease of the Poxe, takyng of it in pouder, or the seethyng of it: the whiche I haue not experimented, for that wee haue so many remedies for this euill, that wee haue made no experience of this: he saieth that it is to bee taken without keepyng more, then when thei be a takyng of the water, or pouder, that then thei kepe good order and good gouernement in their meates, and in all other thynges.

In the Faulyng sickenes.

In the Fallyng sickenesse, a strong desease, and well nere incurable, thei saie that it hath a greate propertie, and doeth greate effectes: takyng the pouder of the rinde of the roote, with wine or with water, as is moste conuenient for hym that shall take it. I did counsaill one here, who was of more then fourtie yeres of age, and it was a longe tyme that he had it, and hether vnto he hath not felte more then vomitte with the pouder, when he taketh it, and he dooeth caste vp muche Choller, and the faintnesse is not so greate as it was wonte to bee. It seemeth to me, that it can not take it awaie. For it should dooe the effecte in theim, that doeth not passe twentie and fiue yeres. And vnto that tyme thei haue remedy, I will proue it vpon suche: it would bee no little good, that it might dooe the effecte that is spoken of it.

In griefes of the head.

In griefes of the hedde, thei doe vse this roote in those partes, as a greate and sure remedy, I will saie what did passe. The firste tyme that I sawe this Roote, was in the power of one whiche was sicke, who came from *Mexico*, and he brought it for a greate thyng, saiyng: that he healed and tooke awaie the paines of the hedde, the whiche he had certain daies, and he asked me if that he should vse it, I tasted of the Roote, and it seemed to me that as I haue saied,

and

and I counsailed hym that he should vse it, as thei had willed hym to dooe in *Mexico*, and so he did chewe it in the mornyng, it tooke awaie the paines of the hedde, whiche a long tyme had molested hym.

After this a passenger tolde me, whiche came in the Shippe, where the gentleman came that brought a quantitie of this Roote, and he chewed it well, and did dissleume therewith, and imediately it tooke awaie the paine, and he shewed me a little that remained thereof, whiche was the same that I sawe, and since that some haue vsed it, and it hath doen very well with them.

In the tooth ache, thei that haue brought it into Spain dooeth muche esteeme of it. And I beeyng in the lodgyng where this manne was, whiche brought the roote, the hoste of the house did certifie me, haunyng the toothe ache very greeuous, that it tooke it awaie from hym with chewyng the rinde of the Roote, with the same side where the toothe was whiche greued hym, dissiemyng as muche as he could. And I beyng one daie in the Custome house curyng a Genoues whiche was there, an other of the same Nation did complaine vnto me of the tooth ache, and wee caused to bee brought some of the saied Roote, and in the presence of as many as were there, he did chewe the rinde of this Roote, haunyng verye greate paines, and he did auoyde muche Fleume, and in dissiemyng it beganne to take awaie the paines, and before he wente from thence it was wholie taken awaie. Daies paste I had a griefe in one toothe, that it pained me all one Nighte, and parte of one Daie, and I tooke out of a garden whiche I haue in my house, certaine leaues of *Tabaco*, and also the afore saied roote, and I chewed bothe together, and dissleumed, and the paines wente from me, and retourned no more to me, beeyng more then sixe monethes that it paste. This is the effecte, that I haue obtained of this *Carlo Sancto*, beyng so little tyme knowen it is enough. The tyme will discouer the reste, and as thee

In the toothe ache.

shall vnderstande of it, wee will giue notice thereof.

¶ Of the Beades, vvhiche bee called of Sainct Elen.

The Beades of the rootes of saint Elen.

The forme of them.

FRom the Florida they doe bring certain rounde Rootes whiche are called the Beades of Saint Elen. And they haue this name by reason that they bee in a place of that Countrie that is so called, they are greate large Rootes, deuided into seuerall peces, and cuttinges, euery pece by hymselfe, they remaine rounde as Beades, the whiche beyng boyed in the middell, they doe make of theym Beades for to praie vpon, whiche the Souldiers doe hang about their neckes, for a thing of greate estimation. They drie them, and they are as harde as a bone, in the outwarde parte they are blacke, and within white, and the Rinde is ioyned in suche sorte, that the Rinde and the harte is made all one, the whiche are wrought after they are drie, and this Roote beeyng tasted, hath a sweete smell, with a good taste. And it seemeth by the taste that it is a kinde of Spice, it is like to *Galange*, they are of the thinkenesse of a mans Thumbe, somwhat lesse, the Plante hath no greate stalke: the Bowes doe spreade by the grounde, and doe cast out the leaues broad and greate, and verie greene. It gro-

The plant.

weth

weth commonly in moyste places, his complexion is hot in the ende of the second degree, and moze dzie then in the first, his vertues are these.

The Indians doe vse the Hearbe beaten betweene twoo stones when they pretende to washe them selues, rubbyng all their bodye with it: foz they say that it doeth knit their Flesh together, and it doth comfoztе them with his good smell. And this they doe foz the moste parte euery daie, foz the greate profite that they finde in it. *The hearbe is stamped.*

In griefes of the Stomacke, the Indians doe vse it, in takyng the Pouder of it, and our Spaniardes doe take it, foz the same purpose, takyng it in Wine, beeyng grounde small, of the which I haue seen notable experience in some. *In griefes of the stomacke*

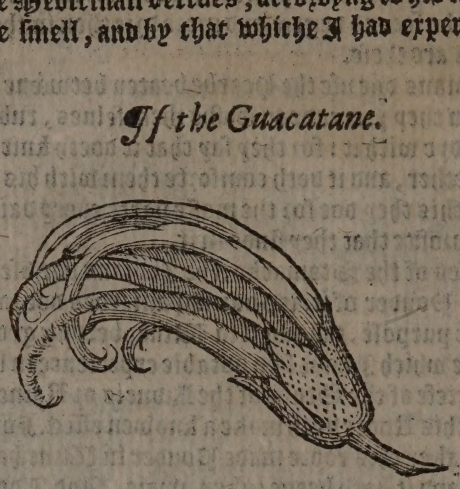
In the griefe of the Stone of the Kidneis oz Raines, the Pouder of this Roote doth make a knowen effect. Foz that some haue taken this roote made Pouder in Wine, hauing the griefe, and it hath beene taken awaie. And I doe not marueile that his manifest quantitie is sufficiente, to dooe the like effectes. *In the griefe of the Stone in the Kidneis or Raynes.*

In griefes of the Urine of them that cat not pisse well, takyng the Pouder, it doth profite and expell it. A thing vsed of many that haue come from those partes, foz that they haue vsed it in the like euilles, and here hath been seen the same experience. And one that had a Stone whiche coulde not auoyde it from hym, and did vse certaine daies of the Pouder of this roote, did easelie auoyde the same. A Souldier did bzyng Beades at his Necke, made of these rootes, and met with mee one day, and asked mee if I knewe those Beades, and of what they were, and hee saide it was tolde hym that they were of Rootes of *Genciana*. I declared vnto hym, that the Beades were made of certaine Rootes, that were in the Pozt of Saint Elen, and that they were not of *Genciana*. And then he tolde mee greate vertues of theym, and the effectes so good that the vse of theym had dooen, which I did beleue: foz it seemeth well in the roote to haue *In griefes of the Vrine.*

greate

greate Medicinall vertues, accordyng to his fashion, and sweete smell, and by that whiche I had experimented of them.

Of the Guacatane.



The description of the Guacatane.

They haue brought in theſe shipps an hearbe from the new Spaine that the Indians doe call *Guacatane*, and it is like to oure wilde Tyme, sauyng that it hath noe smel, it is a little hearbe whitish. I knowe not if he carry Flower or fruite, the hearbe I haue without the Roote, the name that it hath amongeſt the Indians is as aforesaide. And the same name the Spaniardes haue geuen it, the Indiãs doe vse it for their infirmities, whereof wee will speake, and for the same the Spaniardes doe vse it, therein the Indias, & they also whiche haue brought it hether, with notable profite.

In the desease of the Piles.

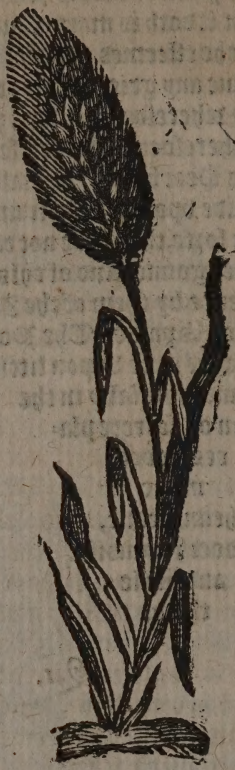
In grieke of the Piles they doe vse it in this forme, they grinde or stampe the hearbe very small, and doe washe the Piles with wine, in the which there is sodden this hearbe, and

and if there bee heate in them, they seeth it in Water, and with that hot seethyng they washe them, and then they drie them softly, and cast the Pouder of this hearbe vpon them, and surely the effect that it doth is marueilous, after I saw his good effectes I muche esteemed the hearbe.

In griefes of colde and windines.

Whensoeuer you haue any grief of colde or of windines in any parte of the body whereseoeuer it bee, puttyng Turpentine in all partes, whereseoeuer the griefe is: And puttyng the Pouder of this Hearbe beyng small ground to it, and a Linnen Clothe laide vpon it, that it may stande faste as a Plaister, in suche sorte, that it be not taken awaie, vntill the griefe bee gonne. And of this there is manifest experience, by them of the Indias, and also by vs of Spaine. The Pouder of this Hearbe caste vppon little soares, and especially in the hidden or secrete places, doeth make theim cleane, and doeth mundifie, and heale them.

¶ Of a certayne kinde of Barley.



THei doe bryng likewise from the newe Spaine, a kinde of Barley, whiche thei call small Barley, thei did giue it this name, for the likenesse whiche it hath vnto our Barley: it doeth cast out an eare like vnto it, and in the vaines the seede is shutte, but it is different to it in his qualities and vertues: for that this small Barley, is the strongest poison, whiche at this daie in Hearbe, or Plaute hath been seen: In so muche that it dooeth wroorke the same effecte, whiche *Sublimatum* dooeth: and where so euer it bee needefull to burne, or to eate awaie dedde or rotten fleshe, puttyng the pouder of this seede thereto, it will doe the like woorke that any burnyng Iron shall dooe. It doeth extinguishe and kill any Canker, how strong so euer it bee, it killeth and expelleth Woormes, where so euer thei bee, it eateth fleshe whiche is naught and rotten, takyng it from the soares, and maketh theim cleane from suche euill fleshe.

It is moste strong and mightie poyson.

It killeth the Canker.

It killeth woormes.

It eateth rotten fleshe.

The Indians for that thei had no *Sublimatum*, nor other remedies whiche wee haue, when thei should vse of the like, thei had and haue this seede moste strong, and surely it is, and so thei doe vse it as a remedy moste strong, and of greate efficacie. These pouders must bee put to it, by little and little, more or lesse, conformablie to the greatnesse of the euill, puttyng thynges defensiue, whiche is vsed to bee put, when that thei doe vse of the like remedies.

How it must be ministred

In olde soares and filthie where it is needefull: that naughtie rotten fleshe bee eaten awaie, with takyng of this Seede, and grindyng of it, and beyng dissolued well with water of Lanten, or of Roses, weatyng in the cleare water that shall remaine vppon, with some small clothes, or puttyng in place of the small clothes, thredes of Linen clothe, weate in the water, it cleanseth the soare, eatyng the euill fleshe in suche sorte, for euill, olde, and filthie that the soare

In ould filthy soares where it is nedefull that they bee cleansed.

bee, it leaueth it cleane, and beyng put to the flesshe it doeth soder and heale, and after this is dooen, you muste vse the Medicines whiche hath vertue to ingender flesshe. And the effecte of this seede is no more then to mundifie, and make cleane, and to take awaie the superfluitie of the wounde.

In the Beastes it maketh the same effecte and better.

The selfe same effect that this seede doeth in vs, it doeth in the beastes, in the whiche for the moste parte are verie euill soares, beeyng Cankered, and full of Wormes, the seede beyng putte vnto it, if the cause bee so greate, that it doeth require it, or the water of it, as it is saied, it maketh the like woorke, as wee haue spoken of, and better, vsyng alwaies the defensiues as is conuenient, where suche Medicines bee putte, for that it is a medicine moste strong, for it hath neede of all.

Historie.

I will shewe you what happened to me with it, an Indian brought me this seede with many other Hearbes, and I goyng discouryng by theim beeyng come to this seede, I tooke a graine and putte it into my mouthe, to proue it. He that brought it, as one whiche knewe it well, kept back my hande, and would not suffer me to proue it: and for all this I parted with my teeth one graine, whiche is no greater then one graine of Hempe seede, and lesser, and hath likenesse of it, at the tyme that it came to the pointe of the tongue, the seede beyng parted, made me a blister vpon it, whiche dured with me certaine daies: I commended it to the Deuill, and then I beleued what thei had certified me of it. I did beginne to make experience of it, and it did woorke more effectually then was spoken of it. It is hotte in the fourth degree, and more if there be any more degrees.

An hearbe whiche healeth the euill of the breast.

Also I haue an Hearbe that beyng sodde, and the water of it taken hotte, it healeth the euils of the breast: I knowe not the name of it, but in the remembraunce thereof which came, it was written.

An hearbe whiche doth

And an other whiche dooeth cause to caste out the dedde childe of the beallie: of these the Indians hath greate experience

rience for this affecte: and once in these countries, it hath profited.

make a woman to caste from her a dead Childe.

Thei brought me twoo dye Hearbes, whiche I would haue been glad to haue seen them greene, the one of theim beyng in the fielde in all his force, if a manne or woman doe putte their handes vppon hym, forthewith he falleth doune dedde vpon the grounde: and the other beyng lyyng abroade vppon the grounde, in touchyng it to gather it, it shutteth it self together as a Cabige of the Countrie of *Murcia*. Thynges meruellous, and of muche consideration.

Two maruellous hearbes

Blacke Eleboro.

I haue blacke Eleboro, brought from the Prouince of *Mechoacan*, like to that of Spaine, and dooeth the like effecte.

Historie.

Daies paste a ponge manne whiche tooke counsaill of me, that came from the Prouince of *Quito*: and he beeyng with me, there came to me a neighbour of myne, saiyng, that his daughter was verie sicke of the Flixe, and I did cure her, and her desease increased with blood, requestyng me that I should goe to visite her: the Indian whiche was with me asked me, if thei were stooles of blood, I saied yea: and he saied vnto me that he would giue her a thyng, that beeyng made pouder and taken, would take theim awaie forthe with, and that in the Prouince of *Quito*, it had been experimented many tymes: the Father of the sicke wente with hym to his house, and he carried certaine peeces of fruite, whiche did seme to bee of a greate Tree: of the one parte thei were verie smothe, and of coullour Yeallowe, and of the other thei were verie sharpe, and verie Red, that it did seme a Purple coullour, it was small grounde, and he gaue the pouder to the sicke woman, with the water of the hed of Roses, once that Euenyng, and an other tyme in the Mornyng, and imediatly the Flixe did cease, and from that tyme was better, whereby she came to be whole.

And as I neuer sawe hym, after hee gaue it to her, al-

though I procured it with greate diligence, I knowe not what it was, nor what hee was that gaue the fruite, and in this sorte there be many other thinges in our Occidentall Indias, whiche haue greate vertues, and greate medicinable secretes, the whiche it shal be knowen euery daie more, and they will bee discouered, that we maye profite oure selues of them.

Digression. Al the which thinges we haue seen manifestly in the profite that they haue doen, whiche hither hath been brought. Seeyng that these marueilous workes all the worlde hath proued, healyng with them deseases whiche all other Phisicke coulde not heale, as it is manifestlie seene, in all that doe use them with great vtilitie and profite, the whiche all is owyng to my diligence, and care. For that as I haue written of them, in the first parte of this medicinall history, whiche hath been well noted in the worlde, for the thinges that in it is treated, and for that you may see the fruite that this my labour hath dooen, I will put here a Letter that a Gentleman of the Peru sent mee well neere two Monethes past, by the whiche you shall see by reason of that I wrote, in the firste parte thei haue discouered the *Bezaar* stones, in the Peru, that with suche greate estimation thei doe bring from the India of Portyngall, and howe by the relation and order which I wrote. They came to the knowledge of them, a thing truely of greate estimation, and worthy to be muche made of, seeyng that it is a thyng so marueilous and of so greate price, and hath been founde in our Indias, and are so easie to bee had and so true, that we haue not any neede to doubte of their effectes and vertues, the whiche is not so of them that thei bryng from the Orientall Indias. For if there come tenne that are true, there cometh an hundreth whiche are false. Whereby they that doe buye them ought to looke muche vnto it, that they bee not deceiued, those whiche are brought from oure Indias, are all of one sorte, for they differ not, but in beyng greate or small. The

effectes

effectes whiche they doe bee admirable, for that their vertues are most mightie against all venome and Pestilent Agewes, and venomous humors. As in the thirde parte God willyng wee will treate of the maner. That the Letter had was this. There came a Paket as of Letters inrolled in a seare clothe, so well made: that thei might passe to any part beeyng neuer so farre, the whiche beeyng opened, I founde a small Chestе made of a little peece of Corke, of a good thickenesse sette together, whiche was worthie to be seen, and in the holownesse of it came the hearbes, and the seedes that the Letter speaketh of, euery thyng written, what it was, and in one side of the Corke, in a hollowe place, there came three *Bezaar* stones, cloased with a Parchement, and with Waxe, in good order. The Letter was written with verie small Letters, and sumwhat harde to reade, in the superscription was written, this that followeth.

¶ To

¶ To the right worshipfull master doctor Monardus Phisition in Seuill.

RIght worshipfull and famous doctor, it will seeme a newe thyng to your worshippe that I beyng not learned, nor of your profession, to write to you in thinges of your facultie, beyng a Soldiour that haue followed the warres in these coũtries all my life, I haue dooen this bicause I am affectioned to your worshippe, by reason of a booke whiche you haue compiled of the Medicines which are in these partes, and of the vertues and benefites, that by theim hath been dooen, whiche is so greate that I can not declare it, as it is worthie, for by it wee haue order howe wee should vse of the remedies whiche wee haue here, but we did vse of theim without rule or measure: that neither thei did woorke effecte, nor with theim the people were well remedied, whiche now is to the contrarie, and by meanes of your bookes, there hath been people remedied, that neuer thought to haue had remedie nor health. It is more then twentie and eight yeres vnto this daie, that I haue goue wandryng by all these Indias, where are many thynges of those, whiche your worship doeth write of in your boke, and other thinges whiche hath not been brought thether, for because the Phisitions that commeth to these partes, are nothyng curious. Thei bryng not their eye to the vniuersall wealthe, but to their owne particuler, for thei come onely to enriche them selues, and for the moste parte thei bee ignorant people whiche dooeth passe to those Indias, thei dooe not esteme of the good whiche thei might dooe. And though that I haue no learnyng, I am affectioned to menne of learnyng. and so I am to your worshippe, for that I vnderstode of your bookes

bookes, and for the fame that you haue in theſe partes, which is great, although I knowe you not, yet I was willyng to take this paines whiche is a contentmente to me. You dooe write in your booke, giuyng knowledge of the *Bezaar* ſtone, and doe giue the ſignes of the beaſtes whiche hath them: and beyng conſidered, we haue happened vpon a kinde beaſtes that goeth in the mountaines of this Countrie, whiche are muche like to Shepe or Kiddes that your worſhippe doeth ſpeake of, whiche are in the Indias of Portyngall, whiche dooeth increaſe and hath theſe ſtones, of the whiche there are many in this countrie, in the mountaines, and cold countries. Thei are for the moſte of a darke Red couller, thei are fed with healthfull Hearbes, where as be greate quantitie in the mountaines, where theſe beaſtes doe feede: thei be very ſwifte, in ſo muche that thei can not bee hunted, but with the hande Gunne, thei haue no hornes, and in that onely thei dooe differ from them of the Eaſte India, for in all the reſte thei are the ſame.

How they haue founde the Bezaar Stones.

The 15. day of Iune of this yere, of 1568. I and certain gentlemen my frendes went to the mountaines, to hunt, and wee were in the huntyng fiue dayes, and we killed ſome of thoſe beaſtes, which I haue ſpokē of. And as we went for this effect, by thinkyng that thei were of the ſame kinde, of theim of the Eaſt India. We caried youre Booke with vs, and we opened one of them, whiche we hunted the greateſt, and oldeſt wee colde finde, and we founde no Stones in his Belly, nor in any other parte of hym, nor any other thing. Whereby we did beleeue that they were not the ſame kinde of beaſtes, as thoſe of the Eaſt India. And we did aſke of certaine Indians that went to ſerue vs, where theſe beaſtes had their ſtones, and as they are our enemies and would not that vve ſhould knovve their ſecretes, they aunſvvered vnto vs that they knevve nothing of theſe ſtones, vntil one Boye vvhiche vvas amongeſt them beyng an Indian, of the age of tvvelue yeres, he ſeeyng, that vve vvere ſo deſirous to knovve the ſame, did ſhevve vs the ſecret of the cauſe, he did ſhevve vs vvhere the beaſt had the ſtones,

that vve had there dead, they vvere in a certaine little Purſe that the Mavve of the beaſt hath, vvhiche is vvhere the Herbes that they doe feede are, vvhen they dooe retourne to chavve their Cudde. And forthvvith the Indians vvoulde haue killed the Boy, for the aduiſe that he had giuen vnto vs, becauſe the Indians doe eſteeme muche of theſe ſtones, and they doe offer them vnto their Goddes, or to their praiyng places where their Idols are, vnto vvhom they doe offer the thinges that are moſt precious. And ſo they doe offer theſe ſtones, as a thyng of greate eſtimation, and alſo they doe offer, Gold, Siluer and Precious ſtones, Beaſtes and Children. And aftervvarde vvee vnderſtoode that thoſe Indians vvhiche vvent vvith vs had ſacrificed the Boye, vvhiche vvith our huntyng vve had forgotten. And they caried hym avvay from vs by thoſe Mountaynes, vvhere vve neuer more ſavve hym, and it is a thing to conſider, that in all partes of the Indias, there hath not been found any of theſe beaſtes, vnles it vvere in the high Hilles and Mountaynes, of this Realme of the Peru. For I haue gone ouer all the Countries of Mexico, and by all the Prouinces and Realmes of the Peru, and Ilandes of Marenon, and by the Florida, and by many other partes of our Occidentall Indias. And I neuer ſavve any of thoſe beaſtes, but in theſe Mountaynes of the Peru. Syr, that I vvith all diligence of the vvorld could obtayne & knovv of Indians, beyng frendes, of the ſtones vvhich they doe take out of thoſe Beaſtes, is, that they are marueilos good, againſt all venom, and againſt all ſortes of Poyſon, aſwell in meates as in any other ſorte, and in the euilles of the harte, and to expell and kill wormes, and in woundes poyſoned, whiche are made with mortall hearbes, the whiche the wilde Indian people doe vſe. And the Pouder of this ſtone put into theſe Woundes, it is a greate remedy, and ſo the Indians doe ſay, that the ſtone is againſt the hearbe, which is the mortall hearbe, that they themſelues dooe vſe to kill one an other withall, and alſo to kill vs. For they haue killed many of oure Spaniardes therewith, diyng madde, with greate accidentes

without

without findyng or knowyng any remedie. It is true, that in Sublimatum some haue found remedy, by puttyng it into the Wounde. But if the Hearbe bee freshe and put newly to it, it profiteth little, and they die without remedie. We tooke out of the first beast which we killed, of that little Purse, whereunto he doth retourne to chawe his Cudde when he lieth on the ground, nine stones, and it doth seeme that by reason the herbes whiche they doe feede vppon bee of so greate vertue. The Ioice of them going to that place by the order of nature, these stones are ingendered, whiche haue so greate vertues. We opened others of theim that were dead, and in euerie one of them vve found stones, more or lesse, as they vvere of age, and it is to be noted, that these vvhich doe feede in the high Hilles be those vvhich doe ingender the stones that hath vertue. For they vvhiche doe feede in the plaine Countries, as they eate not, nor are maintained of the good hearbes of the high hilles, the stones that they haue, although that they haue some vertues, yet they are not so good as those vvhiche are fedde in the Mountaines. We haue begon to vse of these stones conformably to the order, vvhiche your vvorshippe dooe geue in youre booke, geuing the quantitie that you dooe commaunde, and for the deseases vvhiche you doe speake of, and vve haue seen suche effectes in them, that haue made vs to maruell, and they haue healed suche deseases, that it is vvonderfull to bee seen. Vnto the Ladie Kateren Deuera, the Sister of the Lorde President, and to the Ladie Mary de Ribera, and to Diego de Andrada, and to Diego Dela Isla, and to Mariana vvife to Maister Iohn Plutino, and to the Father Ioseph Martines, and to the Father Diego Farnandes, Prieستes, and to many others, these stones haue doen greate profites, healping them of euill deseases, that it vvill bee to long to vvrite of, it is sufficiente to say that they bee stones of great vertues, and as a nevv thyng they take it in pouder, all suche as haue deseases vvhiche can not be healed by Medicine, and many doe heale. Wherefore God be praised that hath geuen to them such vertues, vvhich

haue beene vſed ſince that huntyng, that I haue ſpoken of, vvhiche vvere the firſt that haue been diſcouered in the vvorld for the vſe to heale deſeaſes, and vve doe truſt that vvith them vvill be doen marueilous vvorkes, according as they haue begon to doe them, all this is ovving to your vvorſhip. Seeyng that vvith your booke vve had knovvledge to find them, & to diſcouer them, and to take them out of theſe beaſtes, vvhiche had them ſo hidden that ſurely there is much ovving to your vvorſhip, vvho hath diſcouered to vs ſo great a treaſure, as this is, vvhiche is the greateſt that vath been found in theſe partes, vvhereby our nation is muche bound to you, and likevviſe all the vvorld, becauſe all men ſhall profite of theim, and of the reſte of the ſecretes vvhich you haue put into your booke, the vvhiche doth vnto vs greate profite, and in the recompence of the benefite vvhich I haue receiued, I doe ſende to your vvorſhippe a doſen of ſtones, by the vvaye of Ihon Antony Corſo, the riche Marchaunte, if they come thither your vvorſhippe may make experience of them, in manye infirmities, for you ſhall finde greate effectes in them. By the ſame vvay youre vvorſhip may aduiſe mee of the receit of them, and anie thing that ſhall pleaſe you to commaunde mee I vvill dooe it, as one that is moſt affectioned to you, becauſe you are curious, and learned, and in doing ſo muche good to the vvorlde, in that as you haue vvriten and publiſhed. Herevvith I doe ſende you a ſmall Cheſte, in the vvhiche goeth certaine Friſoles, that you maie commaunde to bee ſovven in the beginning of Marche, that the colde doe not burne them, vvhich doth make a Plant like vnto Beanes, ſumevvhat leſſe: the vvhiche hath certaine vaines vvhere the ſeede is, eatyng halfe a doſen of them vvith Salte. Thei bee of the taſte of greene Beanes, they doe pourge valiently, & thei doe euacuate the water of hym whiche hath the dropſie, vvithout paines. The ſelfe ſame it doth if that they be drie, thei make them in Pouder, and take them vvith vvine, it is needfull that meate be made in a redines, if thei do vvorke to muche, by puttyng more then they ſhould do, vvith eating

any

any thyng incontinent, the woorke will ceaſe.

Alſo I dooe ſende you an Hearbe, whiche dooeth growe in theſe plaine Countries, clounge to the grounde like vnto graſſe, whiche is of greate vertues for many infirmities, chiefly for theim whiche are greeued with Reumes and Fleumes in the throate, it taketh theim awaie eaſily with greate benefite, and for this, and in greeues of the hedde and Reumes chewyng it, thei doe diſſleume very muche: thei call this hearbe of my name, becauſe I dooe vſe it for the like euilles, for that an Indian did teache it me, whiche knewe muche of hearbes. *An hearbe for the Reumes.*

Alſo I doe ſende your worſhip a fruite, whiche is of greate profite, and theſe Trees bee not founde in any countrie but in this countrie, thei are of the greatneſſe of an Oke, of thoſe in Spain, it hath many vertues for the rinde, beyng made in pouder, and caſte into any ſoare, whiche is needefull to bee made cleane, it maketh cleane: and afterwarde maketh the fleſhe to growe, and healeth it. And rubbyng the teeth with this pouder, it maketh them cleane very well, and put vpon the gummes, the fleſhe beyng taken awaie, it doeth fleeſhe them, and the teeth whiche be loſe, it maketh theim faſte. Seethyng the leaues of this Tree well in water, and waſhyng with the water any maner of ſwellyng, whiche hath any ſore, or that it be cankered, it taketh awaie the ſwellyng, and impoſtume. And puttyng ſome ſmall linen clothes, weate in this ſeethyng warme vpon the medicine, whiche is put vpon the ſore, or vpon the pouder that is made of the rinde: it maketh the ſoares to heale more quickly, makyng that there come no humour to them. Of the ſaied Tree commeth out a Roſine, whiche is of ſweete ſmell, that doeth ſerue to perfume in many deſeaſes, of the hedde, and to make plaiſters for many euilles, and I do ſende it to your worſhippe. Of the fruite the Indians dooeth make certaine drinke, which is for them verie healthfull, your worſhippe maie commaunde to ſowe theim, for I would bee glad that thei ſhould growe, for it will bee a thyng of muche *A fruit of a tree of great vertues.*

delight, for the profite that it dooeth in Phiſicke, and for the noueltie of the Tree, for in all tymes it hath a very good ſmell. I brought to this countrie a blacke woman, whiche I bought in *Xerez dela Frontera*, and there did appeare vpon her when ſhe came hether certaine olde ſores in her legges, whiche was of a long tyme, that ſhe had them, and commyng to the Ile-lande of the *Margareta*, I beyng very ſorowfull for the ſores whiche my blacke woman had, an Indian tolde me that he would heale her, and ſeeyng that ſhe had no other remedy, I deliuered her to the cuſtodie of the Indiã, that he might heale her for me, and imediatly he toke a fruite, whiche is common in that countrie, and all people ingenerall doeth eate it, which is of the greatneſſe of an Orenge, and it hath a ſtone like vnto a Peache. The whiche the Indian did burne, and made it into pouder, for the ſtone is harde, and can not bee grounde, without burnyng of it: and he caſte the pouder of it into the ſores, whiche ſhe had with muche rotten fleſhe, and very filthie, whiche with the pouder was made cleane and very well, and it tooke out all the rotten fleſhe to the bone, and after it was cleane, with lint threedes and a little pouder put to it, ſhe beeganne to encreaſe newe fleſhe, vntill thei were full of fleſhe. And ſhe healed verie well, and it is to bee conſidered that the little Carnell of the ſtone hath ſo much venom, and malice in it, that if anie perſone or beaſte doe eate it, he dieth forthwith without remedie, as though he had eatẽ any maner of venom corſiue, as Sublimatum or any other Poyſon.

A cure with the ſweat of bloud.

In the Towne of Poſco where I dwelt certaine yeres, there was an Indian which did cure the Indians and the Spaniardes of any maner of griefe or diſeaſe that thei had, with anointing of rhe Iointes and the partes whiche did greeue theim, with the ioyce of a certaine hearbe, and forthwith he did put them into manie Clothes, and thei did ſweate at the ioyntes pure bloud. And alſo by the ſicke parte where he did put the Ioyce, and as thei wente ſweating he made cleane the bloud with a Linen clothe, vntill he perceiued that thei had ſwat ſufficient-

ly

ly, and with this he healed many diseases that were incurable. And I am able to say, that many did thinke that thei had tourned young againe, and were more stroung and young than thei were before. Thei fell sicke, & for al thinges that we did of giftes, and faire wordes, and fierce wordes, and threatninges, he would neuer tell vs what hearbe it was, nor show it to any man in this countrie. There is found a kinde of Tree, that is of soft Timber, the Indians will make no fier of it, although you kill them. For that thei say, if anie of them dooe come neere to the fire that is made of this Tree, or geuing him the smooke of it, hee doth remaine impotent, for women. And thei haue this so certaine in their vnderstanding, and so verified, that you shall not make them to put them selues by the fire, that is made of the Tree, for any thing of the world, for thei are so carnall that thei will none of this.

Thei doe heale in these countries any swellinges which are in thee feete or legges, caused of colde humors, with an herbe whiche is called *Centella*, and being stamped and put to the swelling: there doth arise certaine Blisters, by the which there doth come foorth greate quantitie of water and humors, vntill it leue the Foote, or the legge drie. I haue seen greate experience by these euacuations, amongest the Indians, for thei vse them much, and I haue seen some Spaniardes vse of it, and heale of the like diseases.

Centella, an hearbe for the swelling of the feete or legges.

In the yere of 1568. in the Prouince of Chile, thei did cut off from certaine Indians beyng Prisoners, the calues of their legges, for to eate theim, and thei did roste them for that purpose, & that whiche is of more admiration. Thei did put vnto the place where they were cut of, leaues of certaine hearbes, and there came not out a droppe of bloud, and many did see it. And this was dooen in the Citie of Saint Iames, in the presence of the Lorde *Don Garcia de Mendosa*, whiche was a thing that did make all men maruell at.

There are to bee found here verie fewe Hearbes and Trees like vnto those of Spaine, for that the earth dooeth not beare them,

them, in the newe Spaine there are more of them then in any other part of the Indias. For when it was cõquired thei found many Trees and many Hearbes, and Plantes like vnto those of Castile, and birdes and beastes likewise. Wa haue here Snakes which doe put admiration to suche as dooe see theim, for thei be as greate as men, whiche are most tame, and doe no hurt. Here are Spiders as great as Orringes, and very venomous. It raineth Todes as great as those of Spaine, the whiche the Indians dooe eate rosted, for thei are a kinde of people whiche eate all kinde of venomous beastes. There bee so many buytres, whiche doe breede in many Ilandes, that you haue in the Sea, neere to the lande, that they eate vp the Cattle, and suche noumbers of them that it is wonderfull, and as the keepers of them be blacke thei care little for them. One thing doth make mee maruaile, that the kine whiche are breade in the Mountaines, being brought to the plaine ground thei die all. I sawe a frende of mine that brought 300. Kine to be weayed, and they did with hold a tyme that they were not waied, and by little and little, in one Moneth there remained not one, but all died. And that whiche is more to be maruciled at, is, that they died all trembling, and consumed. Some there be that doe attribute it, that the mountaines being a country most cold, and that it raineth euery daie in theim, and in the plain countrie it lacketh the raine, and is hote, and as they moue frõ one extremitie to an other they die, that truelie it is a thing worthy of consideration, to see that in the space of eight Leages, little more or lesse, whiche you haue of plaine grounde from the coast to the mountaine, by a long vale more then one thousande Leages, and neuer more Rained in them, and in the Mountaines it Raineth euery daie.

Against the herbe which the Indians doe vse.

Your worship shall vnderstande that the eight daie of October of this yere, there came hether a Cosine of mine, which is called *Alonso Garcia*, a good Souldiour, and saieth vnto vs that he hath found an hearbe whiche is against the venomos Hearbe that the wild people doe vse. Whiche hearbe doth kill

without

without remedy, the whiche theſe valiaunt people of the Indias dooe vſe in their warres. And houſes thoſe that dooeth dwell from the Charcas vnto Chile, and dooeth liue like vnto wilde people, maintainyng thē ſelues onely by huntyng, and fleſhe of mankinde. And thei haue killed with their arrowes whiche are put with theſe venemous Hearbes, an infinite nūber of Spaniardes, whiche thei ſaie bee not good to eate, and that their fleſhe is harde, and ſo when thei kil them, thei kepe to waxe tēder, three daies or fower daies. And with this herbe that is now founde, the hurte ſhall bee muche remedied, that thei dooe make. But our people dooe not muche feare of theim, but the Hearbe whiche thei ſhoote withall in ſuche ſorte, that it maketh theim to dyē by madneſſe, without any remedie. And now with the recounter Hearbe that thei haue founde thei are all glad. Thei ſaie that it is an Hearbe whiche carrieth very brode leaues, whiche is like to the leaues of Lanten of Spaine: and beyng beaten and putte to the wound, that is poyſoned, it killeth the venome, and immediatly it taketh awaie rhe accidentes, whiche the venome of the Hearbe doeth make. Thei doe take it for a greate matter in that coūtrie, that thei haue founde ſuche a remedy. And you ſhall vnderſtande that the counter Hearbe was founde in the ſame countrie, where the Hearbe of poyſon is: and I thinke it bee alſo in other partes, but there where the hurt is doen, our lordes will was, to diſcouer the remedy.

I doe write your worſhippe theſe thynges, whereby with theim ye maie conſider, how many more Hearbes and Plātes of greate vertues like to thoſe, this our Indias hath, the which we do not rech vnto, nor know, for as the Indiās are a naughtie kinde of people, & our enemies, thei will not diſcouer one ſecrete, nor one vertue of one Hearbe, although that thei ſhould ſee vs dye, and although you ſhould plucke theim in peeces: for if wee dooe knowe any thyng of this, whiche I haue ſpoken of, and of others thei are knowen of the Indians, as thei bee accompanied with Spaniardes, thei dooe diſcouer

it to theim, and saieth all that thei knowe, I will enlarge no more, for because I knowe not if this letter shall come to the handes of your worshippe, and if it come to your handes, and that it please you to aduertise me, I will write you larger, and more perticularities of this coūtrie, and of the vertue of other Hearbes, and Beastes, & of other thynges, the whiche I know that thei will giue contentmente to your worshippe, seeyng that you are so curious to knowe these thynges, our Lorde. From Lyma in the Peru the xvi. daie of December, in the yere of our Lorde. 1568. I doe kisse the handes of your worship.

Peter de Osma, and of Xara, and Zejo.

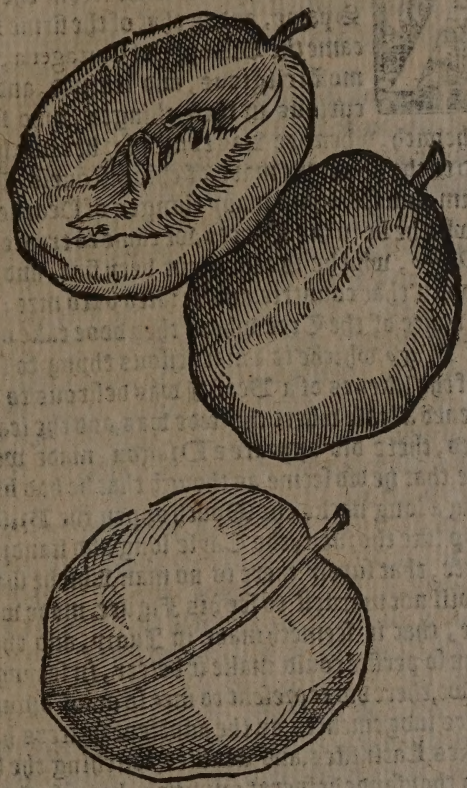
The

The gentleman of the Peru, which wrote to me this letter although I know hym not, it seemeth that he is a man curious, and affectioned to the like thinges, and I haue him in great estimatiõ. For because that the office of a Souldiour is to handle weapons, and too shed bloud, and to doe other exercises apertainyng to Souldiours. He is muche to bee esteemed, that he will enquire and searche out hearbes, and Plantes, and to knowe their properties and vertue, in the which he semeth to be likened, to Dioscorides, who went exercisyng the weapons in the Hostes of Antony and Cleopatra, and whethersoeuer he went, he did seeke these herbes, Trees, Plantes, Beasties and Mineralles, and many other thinges, of the whiche he made those fiue bookes, whiche are so celebrated in all the worlde, wherby he gate the glory and fame, whiche we see he hath, and there hath remained more fame of hym, by writing them, then although he had gotten many Cities with his warlike actes. And therfore I doe esteeme muche of this Gentlemanne, for the labour whiche he taketh, in knowyng and enquiryng, of these naturall thinges. And I doe owe much vnto him, for the good opinion whiche hee hath of mee: and for that hee hath sent mee. For surely it is to be taken in euery good parte, I wil prouoke hym by writyng hym againe, to sende vs more thinges. For that it is a greate thing to knowe the secreates and maruailes of nature, of the Hearbes which he hath sent mee, I will make experience of them, and I will know their vertues and operation, the Seedes wee will sowe at their time, the *Bezaar* stones doe seme to be different from those that are brought from the Oriental Indias. In their vtter showe they be darke Tawnies, and glistering, vnderneath twoo Shirtes or Capes: He hath a white coulour,

The commẽdation of hym that wrote this Letter.

whiche beeyng tasted and vsed betweene the Teeth is pure Earth, it hath neither sauour nor taste, rather it doth coole then heate, they be ordinarily as great as Beanes, or bigger. For the most part there are both great and little, and it seemeth well by theim that they haue medicinall vertues, many persones doe bring them, whiche are nowe come in this Fleete, whiche come to mee as though that I were the first discouerer of them. They doe declare marueilous effectes of them, that it seemeth wonders: I brake one and I gaue it made in pouder, to a boye, whiche was saied that venom had been geuen to hym, I can not tell whether any other benefites dooen vnto him or that healed hym, but hee was well healed, I will vse of it in other infirmities, and what I finde of their operation, and the reste of the medicines, with that whiche shall be newly knowen I will showe it, in the other thirde volume, the whiche I will make of this Medicinall Historie, in the whiche shall bee thinges marueilous, and greate secretes of Phisicke, that shall giue contentation to all men, and muche more to the sicke, that shall be healed with them. Of one thing you muste bee aduertised, that whiche is here written, part of it wee haue learned of theym that haue come from those partes, and brought knowledge of theim, and parte is attributed to their complexion, and qualities, what they maye dooe, and parte wee haue experimented, and in all haue you consideration, that all these thinges whiche are brought from our Indias, be for the moste parte hot, and that you vse of theim vnder this qualitie, in that wherein they shall bee needefull. For that it is well that they be aduertised of this, that so much doth import to knowe it.

¶ The Dragon.



Of that whiche hath been brought frō the newe Spaine, in the twoo Fleates whiche now hath come, and also from the firme lande. The Bushop of Cartagena.

Of the bloud of Drago and of his fruite.

AFter I had written the aforesaied, the two fletes came, the one from the firme Lande, and the other from the newe Spaine, and in that of the firme Lande came the Bishoppe of Cartagena, a man most religious, and learned, and verie curious in these thinges, who sought mee foorthewith, when hee was come, for because he was affectioned to the booke we made, of this discourse. I went to visite him, and speakyng many thinges of Hearbes, and Plantes, whiche be in his Dioces, we came to treate of the bloud of *Drago*, whiche is taken out very fine, and in all persecution, in that countrie, and he saied vnto mee: I doe bring the fruite of the Tree where they dooe take out the bloudde of *Drago*, whiche is a marueilous thyng to see, for that it is of the likenes of a Beast I was desirous to see it, and we opened a leafe where the seede was, and the leafe beyng opened, there did appeare a Dragon, made with so muche arte, that he did seeme as though that he had been aliue, haupng a long necke, the Mouth oppen, the Bristelles standyng vp like thornes, the Tayle long and standyng vpon his feete, that surely there is no man whiche shall see hym that will not maruell to see his Figure, made with so muche arte, that it seemeth made in Iuory, and that no craftes man so perfite could make it better, in seeyng that which I sawe, there did represent to mee so many opinions, and so diuers iudgementes, as the auncient writers had, as well Greekes, Latinistes, and Arabies, touching the same, speakyng a thousande desperat saiynges, because that thei would come to ỹ right knowledge to instruct vs, wherefore it was called the bloud of *Drago*. One sort saiyng that it is saied that a Dragon haupng his throate cutte, the bloud is gathered, and is confectioned with certain thynges, and for this it is called the bloud of *Drago*. Others did saie that it is the bloud of an Elephāte, strangled, with other thinges,

Varietie of the auncient writers about the bloud of Drago.

others

others that it is a kinde of red Oker, others that it is the ioyce of *Cideritis*. An Hearbe very little, and his Ioyce very grene, others that it is the ioyce of the roote of an herbe which is called *Dracontio*. And for this thei call it the bloud of *Drago*: this doe the auncient writers saie, and many other vanities whiche are large to write.

It is called the bloud of Drago, for the fruite whiche is a Dragon.

The new writers folowyng the same ignorance as they are wonte to doe in thinges which be doubtful, because the duety of him that is doubtfull, is to say nothing a newe, vnlesse it bee in that whiche is cleare and manifeste. For in the doubtfull and harde thinges they leaue it as they finde it, all they did varie one from an other, as the auncient writer did, but the time whiche is the discouerer of all thinges hath discouered vnto vs, and taught vs, that it is the bloud of *Drago*. And for that it is so called, is for the fruite of the Tree, whiche doth cast from it a droppe, after the maner of bloud, the which is the fruite that we haue spoken of, which is a formed Dragon in shape as nature would bring forth, whereby he tooke verie plainly the name of the Tree. For it is a common thyng, that Trees haue the name of their fruites, by the whiche this marueilous Tree doth receiue his name. And seeyng the fruite he caried was made so parfite a Dragon, he tooke from vs so many doubtes and confusions as we see the olde writers did write of, and the late writers also. And from hencefoorwarde we shall be certified that it is the bloud of *Drago*: seeing that his fruite doeth giue his name to the Tree, and to the Gumme, and to the droping that commeth out, whiche is brought most excellent from Cartagena, and is made by incision, geuing certaine cuttes in the same Tree. And beyng a tree of muche greatnes, it hath the Rinde verie thinne, that with any maner of thing it is opened, and likewise there is other made, but it is not made so good, but after the maner as the Turpentine is made, in Castile. For that it is solde in Loaues, and the one is called the bloud of *Drago*, of the droppe, and the

the other the bloud of *Drago* in Bread.

The vertue of the bloud of Drago.

The one, and the other, hath vertue to retaine any maner of fluxe of the beallie, put vpon the beallie, or giuen in Glisters, or taken by the mouthe. Made pouder, it dooeth staie the runnyng of the head, to the lower partes applied. In any maner of fluxe of blood, it doeth retaine and stanche it. And dooeth soder and glewe woundes together, whiche be freshe and newe made. It dooeth lette that the teeth fall not out, and it maketh the flesshe to growe on the bare gummes. It is a meruellous couller for Painters. And without this, it hath many other vertues. I doe thinke to sowe some of the seede, to see if it will growe in these partes. It is thought that the blood of Drago is temperate, with little heate.

It is temperate.

Gumme for to pourge them whiche haue the Goute.

There was a gumme giuen vnto me, whiche thei bryng from the firme lande of the *Peru*, wherwith thei doe purge them, whiche hath the Goute in those partes, thei put of it as muche as a Nutte in distilled water, and thei let it stand all the night in steepe, and in the morning thei straine and wryng it, and thei take that water, whiche should bee the quantitie of twoo ounces: and the pacient muste bee without meate, till the middest of the daie, and there with thei dooe pourge the humour, whiche doeth cause the Goute. I sawe a gentleman who came in this laste Fleate did vse it, The whiche he bryngeth for remeadie of this euill, who was full of the Goute, and with vsyng this euacuation, he doeth finde hym self well, and the Goute doeth not come to hym, as it was wont to dooe, for that it came to hym verie cruelly, and often vnto me he gaue as muche as a small Nutte) and he would giue me no more: and I gaue it in the order as it is saied, to one whiche had the Goute, and he made three stooles with it. I knowe not what it will bee, it were nedefull to haue more quantitie, for to proceede forewarde: but it will bee brought hether by others, as thei haue doen many other thynges. It hath a good taste in the

takyng

takyng, for that it hath neither smell nor sauour, it maketh his woorke without paines. It is hotte, as my opinion is, in the firste degree. I knowe not what maner of thyng the Tree is, where thei dooe take it out, for he whiche dooeth byyng it, knoweth not.

The Armadilio.

THis beaste I tooke out of an other naturallye made, whiche was in the Countyng house of *Gonsalo de Molina*, a gentleman of this Citie, in the whiche there are greate quantitie of bookes of diuers authours, and the fashion and forme of many kinde of Beastes, and Birdes, and other curious thynges, brought from the Orientall Indias, as from the Occidentall, and from other partes of the worlde. And greate varietie of moneis, and stones of antiquitie, and differences of armes whiche with greate curiositie, and with a noble mynde, he hath caused to be brought.

The History of the Armadillo a beast.

Thei dooe bryng also from the firme lande a bone, the whiche is of the taile of a straunge beaste, whiche is all couered ouer with small shelles, euen vnto the feete, like as a Horse is couered with armour: where by he is called the *Armadillo*, that is to saie a beaste armed. He is of the greatnesse of a ponge Pigge, and in the snoute he is like vnto hym, he hath a greate and long taile like to a Lizarde. He abideth or dwelleth in the yearth, as a Mole dooeth, and thei saie that he is maintained thereof, for abroade out of the yearth, thei see hym not eate any thyng.

He hath the vertue in the bone of the tale.

He hath his vertue onely in the bone of his taile, the whiche beeyng made small pouder, and takyng so muche thereof, as the hedde of a greate pinne, made in little baules, puttyng it into the eare, haupng greef therin, it taketh it awaie marueilously, also if there be any noise or sounding in the hedde, with any deafnesse, it dooeth a greate effecte in many persones that hath vsed it, and thei haue healed therwith. And the Lorde Bishoppe did certifie me, that he had seen it dooen many tymes, with greate admiration, that it is a thyng to be marueiled at. And with suche vertues in a place so hidden. There be of these beastes in the India of Portingall, thei bee called armed beastes, for that thei are as I haue saied armed with scales and shelles.

It taketh awaie the deserse of deafenes, and the noyse whiche is in the head.

Stones of the Caymandes.

There is brought from the Countries of *Nombre de Dios*, and *Cartagena*, and from other partes of the firme lande, certaine stones, whiche be pure Pimple stones, of a brooke or riuer, the whiche are founde in greate quantitie in the mawes of *Caimanes*, ỳ are called *Lagartos*, which are a kinde of beastes very greate, and dooeth inhabite in the lande, and in the sea, from whence thei goe to the lande, and take out their pōgipnges, as the *Tortugas* of the sea dooeth: thei are furious beastes with a greate number of teeth, and with so greate a mouthe, that thei dooe swallowe doune a whole Indian. Thei doe inhabite ordinarily in little brookes of greate riuers, and some of theim in the Sea, at the

entrie

entrie thereof. Thei are of a marueilous greatnesse, there be some of them whiche are in length two and thirtie foote thei kill them with fishe hookes, for with a handgunne it is very difficulte, for because of the harde skinne whiche he hath: thei lye alwaies with their mouthes open. There is founde in theie mawes, when that thei dooe kill theim, the quantitie of a greate basket full of smothe stones, and it is not knowen for what effecte thei doe eate them, whether it be to haue their mawe or stomacke occupied, or for ballest as a shippe hath. The Indians doeth kepe these stones, and the Spaniardes also: for suche as hath Quarterne agues: for puttyng twoo stones of theim vpon the twoo temples of the hedde, the Quarterne Ague is taken awaie, or the heate is notably lightned, and of this thei haue experiēce: in those partes, and in the Shippe where one came, who gaue me twoo of them saied, that he put them to a boye, beyng a little page of a Shippe, who had the quarterne Ague, and it was taken awaie, goyng forwarde lightnyng hym selfe three or fower fittes, that the stones were putte to hym. I haue experimented it, and haue put it twoo tymes to a little girle, that hath the quarterne ague, and it semeth that she feeleth not so muche heate, when she hath them put to her, but thei haue not taken awaie the Quarterne, hauyng put theim twoo tymes to her, I knowe not what it will be from henceforward.

Tiburones hath stones in the head.

In all the Seas of the Indias: in the moste of theim, there bée certaine Fishes very greate, whiche as are called *Tiburones*, or Dogge Fishes: whiche are very strong, and rauenyng, thei fight with the Zeales in the Sea: and thei are fearce in their woorkes, and aspectes. These thei dooe fishe with greate fishe hookes, thei bryng them to the lande or hoise them into the Shippe, and thei cutte them in peeces. In the heddes of theim, whiche are very greate, there is founde certain stones, of a white couller, of muche greatnesse, three or fower, or moze: and some of theim of moze

waight then twoo pounde: hollowe in some partes, and verie white: thei are somewhat heauie. Of these stones thei haue in the Indias greate experience: giuyng theim made in pouder, vnto those that doeth suffer the greef of the stone in the Kidneis, and to them that can not pisse, and to theim that can not caste out the stone of the Raines, and of the Bladder, beeyng of the greatnesse that he maie not passe out. This is a thyng emongest the Indians very plaine, and knowen: and likewise emongeste the Spaniardes, whiche doe dwell in those partes: and thei which doe come hither doe saie it plainly, and doe affirme it to be so, I haue tasted it, and it semeth a thyng vnsauerie, & I haue not proued it, nor applied vntill now, in tyme it shall bee doen, and we will giue reason thereof.

For the grief of the stone in the Kidneis.

Turpentine of Cartagena.

Better then ours.

They doe bryng from the newe Kingdome and from the prouince of Cartagena, a certaine Turpentine, very cleare, and of swéete smell, much better then that they call *de Veta*, whiche they bryng from Venis, it hath all the vertues that the good Turpentine hath, and it doeth the selfe same effectes, and better, and with great efficacie and redines.

Marueilous for woundes.

Here hath been vsed of it in woundes, and it is a thyng marueilous. The good wooyke which it doth, especially in wounds of Joyntes and Senowes, and of Legges, of that I haue seen greate wooykes doen with it. And it doth mundifie beyng mingled with other thinges, all kinde of olde Soares, and it is an excellent thing, washed, and prepared for the Faces of Ladies whiche haue neede of it.

Carãna of Cartagena.

Thei dooe bryng from the selfe same partes *Carãna*, of Cartagena, purified so cleare that it is like to Cristall, and surely it is better, and it is applied muche better then that whiche hetherunto hath come, and doth better his effectes, and wooykes, and is of a moore swéete smell and maketh better his operation.

The

The Flower of Mechoacan.

MAny persones of theym whiche came nowe in this Fleate from the firme Lande, brought verie good *Mechoacan*, better then that of the newe Spaine, gathered in the Coaste of Nicaraga, and in Quito, after the *Mechoacan* was discouered, in the newe Spaine, they haue founde the selfe same Hearbe and Roote in those partes whiche I doe speake of. And they dooe vse it to pourge, and it doeth marueilous woorkes, and they doe vse it in those countries and in al the firme land, as they did vse that which was brought from the newe Spaine, with marueilous succesſe.

Mechoacan of the firme Lande.

From the Cape of Saint Elen, whiche is in the same Coste, they dooe bring a nother *Mechoacan*, but it is very strong, and being taken it maketh greate accidentes of vomites and faintnesse, with many stooles, and for this they call it *Escamonea*, and no man doeth vse it because it maketh the accidentes as is saied. It doeth carie a Leafe as the

Furious Mechoacan.

Mechoacan it selfe doeth, although sumwhat lesse, and doeth mingle it selfe and runne vppe by whatsoeuer it commeth vnto. And it carieth a lesser Roote with some sharpenesse of taste, whereby it is manifestly seen how muche disputation doth serue for the purpose, of the place where it groweth. Whereby that this Roote may make the woorke more or lesse.

And so I doe beleue that the first *Mechoacan* that came to these partes, was gathered out of a good place, and that whiche they doe nowe bring, they should gather it out of other places more moyst, whiche doth take away from it the vertue and woorke. They doe sowe it nowe in the Coaste of the firme lande in their Gardaines and Orchardes, they do make Conserua of the Roote, in many maner of waies, for the taste is sweete, and it may be eaten for daintinesse. And as the Roote is without taste, it taketh the Suger very well, in what maner of sorte soeuer it bee confited or doen.

Conserua of Mechoacan.

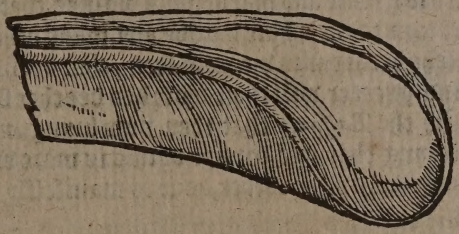
The description of Mechoacan.

Hether thei doe bring the fruite and the flower, as whole as it is in the Plante, and the leaues and bowes. The flower is like to flower of Oringe Trees, of fiue Leaues, sumwhat greater they be, in coulour Tawny, they doe caste in the middest a blister, of the greatnesse of a Nut, with a little vaine, small and somwhat white in couler, the whiche is deuided into twoo partes, with an other little vaine, verie thinne, and in euerie parte it hath twoo graines, like to Peason, verie little, and when they be drie they bee blacke. There is not in the taste of them any sauour, whiche beyng sowen in a softe moyst ground they doe growe verie well. And it is an hearbe woorthy to be seen: for that he doth run vp, ioinyng to any maner of thing that he doth leane to. He beareth his Leafe all the yere long, the rest of his woorkyng and the maner of the taking of the Roote wee haue spoken of in the first parte, where you may see it. Whosoeuer will vse of it, there is made of it Conserua, as of Marmulade, couered with Sirupe, and made after the maner of a Gelly

of

of his Joyce and Suger. And in all sortes it doeth pourge gently without molestation.

The fruite of Balsamo.



IN the first parte speakyng of the *Balsamo*, we saied howe it should bee made twoo maner of waies, the one by incision, and of this there cometh little of it to these partes. And the other is by decoction, and this is that whiche commeth so muche to Spaine. That whiche is made by incision doth not come to this Countrie, for it is a thyng very hard or difficult to make, and to geather. Now in these shippes whiche come from the firme lande, there doth come a good quantitie of *Balsamo*, made by incision, and is made of trées suche as are in the newe Spaine, whereof the *Balsamo* is made, whiche is made by seethyng. The whiche is a Tree verie greate that doth carie many Bowes, from his firste growyng, whiche doe come forthe of the same Tree, and it hath twoo Rindes, one of them grosse as of a Corke Tree, and the other thinne, cleauyng to the inner part of the trée. Betweene these twoo Rindes the *Balsamo* is taken out, made

Of Balsamo made by incision.

The description of the Tree of the Balsamo.

made by incision, the whiche commeth forth like to a white Teare or drop, most cleare, with a marueilous sweete smel, that doeth show well his marueilous effectes, and Medicinall vertues that it hath, of the whiche we haue treated in the first parte. And that *Balsamo* which is made by sæthing as we doe there showe, we see the marueilous effectes that it doth, with so greate and marueilous workes, that it doth put admiration to the whole worlde, and many other maruailes whiche hetherunto we haue seen, that be there spoken of. And greater will these woorkes bee that shall bee dooen, with the *Balsamo* that they now bryng, made by incision: seeyng that one dryppe of this is more woorthe then twoo Gallens of the other, as it is manifestly seen by vsing of it.

The Balsamo of the Indias that is made by incision, is better then that which was in Egipt.

And surely that which was in Egipt, and did faill so many numbers of yeres passe, I doe beleue that had not more vertues then this. And am sure that this is of greater vertue and effectes then that was of. I haue the fruite of this Tree, whiche is little according to the greatnesse of the Trée, and it is a graine as great as a white Pease, the taste of it is a little bitter, he is shut into the ende of a little Cod of the length of a finger, beeyng narrow, white, and thinne, of the thicknesse of vi.d. He carieth no more but one graine in the ende, whiche is the fruite that the Indianes doe vse, to perfume them withal, in griefes of the head, and in Reumes. Surely the *Balsamo* is a marueilous thing, and it sheweth well in it what it is, according to his woorkes.

In griefes of the head.

Turpentine or Oyle of Deabeto.

They doe bring from the firme lande a Turpentine, or Licor, whiche is called *Deabeto*, and it is gathered of certaine Trées of mixture, they be not Pine Trées, nor Cipres, they be heigher then our Pine Trees, they are as straight as Cypresses Trées. In the highest part of the Trée she doth bring forth certaine bladders of twoo sortes, the which are greate and small, and beyng broken, there doth come forth of them a marueilous licour, whiche falleth droppe after

droppe,

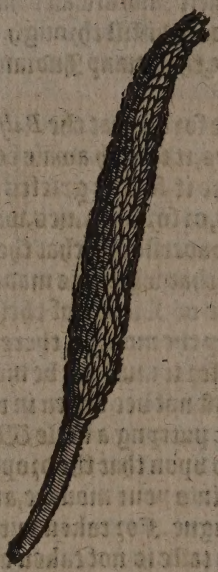
droppe, and so the Indians doe gather them with greate deliberation, and they doe put the same droppes whiche bee in the Bladder into a shell, and alwaies haue shelles vnder the bladders, where it doth distill through, and it is a thing doen with suche leasure, that many Indians doe gather verie little all the daie.

The Licor doth serue for all that the *Balsamo* doth, it healeth verie well woundes, it taketh awaie colde griefes, and windie. Some doe take it for the griefes of the stomacke, caused of colde humors, or for windines, with a little white Wine. And it is to be vnderstoode, that the *Balsamo* which is made by sæthyng, or that whiche is made by incision, and this or any other maner of Licour of these of the Indias, whiche is to be taken by the mouthe, there muste bee taken but little quãtitie of it, for it must not be more then foure or fiue droppes, and it must not bee taken in the Palme of the hande as it is saied, but puttyng a little Wine or Rose water into a Spoune, and vpon that the droppes of *Balsamo*, and put the spone well into your mouthe, and let it fall that it touche not in the tongue. For taken with it or touchyng in it, the sauour and taste is not taken away in a long time, and it maketh suche an euell taste, in suche sorte: that for this onely cause many doe abhorre it, and doe not take it, and to others it hath taken away the luste of their meate, with takyng of it. touchyng it with the tongue.

The vertue that it hath.

Note.

Long Peper.



Long Peper.

ALso they doe bring from *Cartagena*, and from the coaste of the firme lande, from *Nata* nere to *Veraga*, a certaine kinde of Peper, whiche they call long Peper, which hath a sharper taste, then the Peper whiche is brought from the Orientall Indias, and it doeth bite more then it, and it is of more sweete taste and of better smell, then that of Asia, or the Peper of the East India, it is a gentle spice, for to dresse meates withall, and for this effect all the people in that countrie doe vse it.

Historie.

A Gentleman gaue mée a platter full of it, for he brought muche quantite of it for the seruice of his Kechin, because they

they vse it in place of blacke Peper, and they take it to bee of a better tast, and more healthfull. I haue tasted it, and it biteth more then the blacke Peper doth, and it hath a more sweete taste then it. I haue caused it to bee put in to diuerse meates, in place of the Orientall Peper, and it geueth a gentle taste vnto that as is dyest therewith.

It is a fruite that dooeth caste out a high plante, of the greatnesse of a grosse Packe threede, and the lower parte nere to the roote, is as greate as a little sticke, that is very small: and vpon it are ioyned the little graines, very nere together, as though thei were wrested one with the other, whiche maketh the greatnesse as is saied: and beyng taken awaie frō the little sticke, the little sticke remaineth bare, and whole: and it is greene beyng freshe, the Sunne doeth ripen it, and doeth turne it blacke, and so thei doe bryng it to these partes. It is in the coast of the firme lande in *Nata* and in *Cartagena*, and in the newe kyngdome: in all these partes thei doe vse it, as I haue saied. It hath the Medicinall vertues, whiche the Orientall Peper hath that wee vse. His complexion is hotte in the third degree. *The maner of it.*

And goyng to visite a child, the Soonne of this gentleman, whiche gaue me this Peper, beeyng released of the fire in the face, I commaunded hym to bee let blood, and to his face thei should put some little clothe with Rose water, and the hearbe *Mora*: he saied to me that he liked the lettyng of blood well, because the boye was of Sanguine cōplexion, but that whiche he should put to his face, he had wherewith to heale it in shorte tyme: and he commaunded to be brought forthe, a thyng like vnto a cake, as great as a meane platter, the outside was blacke, and within yealowe, and beeyng brought well nere twoo thousande Leages, it was moiste, and he did dissolue a little of it with rose Water, and putte it to the boyes face: I was desirous to knowe of what it was, and he saied when the worke is seen what it doeth, he would tell me, whereof it was compoun- *Historie.*

ded. The next daie I did returne to the sicke, and he had his face so amended, that I did maruell, and imediatly he was washed with Rose water, a little warme, and he remained as though he had not had any euill.

Of what it was made.

The cake was made of certaine Wormes, whiche the Indians doeth take out of the grounde, and thei doe make them fatte, giuyng theim to eate leaues of a certain kinde of corne, that thei haue there called *Maiz*, and after thei are fatte, thei putte theim into a fryng panne of yearth, and dooeth seeth theim therein, and as thei goe skommyng of the skumme, thei straine it, and doe retourne to seeth it, vntill it be thicker then oyntemente, after the fashion and maner as he had it there.

Rootes against venõ and venomous thinges.

Thei doe bryng from the *Charcas* certaine Rootes, that bee like to the rootes of flower *de Lewis*, sauyng that thei are more small, and thei doe smell muche like to the leaues of a Figge Tree: thei doe call these rootes in the Indias, a remedy againste the venemous Hearbe, for beeyng made pouder, and taken with white Wine, it is a thyng of moste strengthe, and of the greatest vertue, that is there againste venome, of what maner or qualitie so euer it bee, so that it bee not corsiue as *Sublimatum*, or the like: for that those kinde of poyson, with onely drinkyng of muche Wilke be remedied.

Milke against poyson

This roote beyng taken, it dooeth make the venome to bee caste out, whiche is eaten or dronken, or of any maner of venemous humour, or of any euill degree, or cause of it, whiche is as well doen by vomite, as by sweate, if there be any small Wormes, or longe Wormes in the bodie, it killeth them, and expelleth thē: and if you haue any suspicion, that there haue been giuen you any venemous morsell, or that it bee venome or wiche crafte, it doeth expell it out, of the whiche there is so muche truste in those partes, that thei haue it for a marueilous remeady, for the thynges that is saied. The roote beyng tasted, it hath a sweete taste, with some

some sharpenesse. It semeth hotte in the seconde degree.

From the coaste of *Nicaraga*, and of *Nata*, thei whiche doe come in these last shippes, from the firme Lande, doeth bryng a certaine kinde of purge, that surely by the taste is easie to bee taken, and it woorketh well, and without any paine, it doeth principally purge Choller. It is a fruite of a Tree very greate, after the maner of Thornishe Chestnuttes: whiche hath within theim the Chestnuttes, sauyng that thei pricke not but bee plaine: in those prickelles there bee some like to Chestnuttes, made cleane without shale, well nere square, whiche dooeth deuide theim selues, by meanes of a little skinne, euery one into twoo partes, and so thei are couered with it, and when thei be taken and occupied, that little skinne is takē awaie, and is made cleane from it, for that beyng taken with it, it maketh moste greate accidentes, and vomites, and muche faintnesse, and infinite stooles: and without it the Chestnutte is a purgation verie gentle, and thei dooe pourge easely, and without paines: if thei bee tosted, then thei will pourge lesse, if thei bee greene thei eate theim, or beeyng beaten in a Morter, thei take theim with Wine or with the brothe of a Henne: if thei bee drie, thei make pouder of theim, any maner of fashion, thei doe make their woorke well: and with muche assuraunce keppyng the order that ought to be kepte, by them whiche bee pourged, and the humoures prepared for it, whiche is conueniente. Thei are hotte in the first degree.

¶ Of the Sarcaparillia of Guaiquill.

Of the Sarcaperillia of Guaiaquil.

IN the firste parte wee saied, how that thei brought *Sarcaparilla* from *Peru*: whiche wee dooe vse to some persones, and it doeth greate effectes, and because that it was little, and sone doen, we returned to that of the *Honduras*, whiche is that we haue spent hether vnto. And

now thei bryng it not onely from the *Peru*, but also from the Prouince of *Quito*, and from all that coste: and the best and that whiche doeth greatest effectes, is that whiche thei bryng from *Guayaquill*, from whence that was, whiche I haue declared. That thei brought, and that now thei bring, although but little, for that thei bryng it so farre, as from the *Peru*.

Where it groweth.

This *Sarcaparilla*, dooeth growe at the side of a Riuer, whiche commeth from the Mountaines of the *Peru*, which is nere to a place that is called *Chimbo*, and the Indians of that place dooeth call it *Mayca*: it is a Riuer in the whiche runneth muche water, and sometymes it commeth with greate increase of waters: and filleth all the Valleis nere vnto it of this water, thei call it *Guaiaquill*. For that in the plaine countries, it passed by a place that is called Saincte Iames of *Guaiaquill*, and runneth from the Easte vnto the Weste, and it goeth entryng into the Sea, by a place ioynyng to the old port, by the paase that thei call *Guainacana*, in the bankes of this Riuer, there groweth greate quantitie of *Sarcaparilla*: and also in the Valleyes of that Prouince, and that whiche groweth in the bankes, is watered with the riuer, and that likewise in the valleyes, whiche are nere to it, with the commyng doune of the freshes, and the water whē thei come of the increase of muche water. Thei doe call the Indians of those partes *Guancauilcas*, where they haue a custome to take out their Teeth by the waie of Sacrifice, and doe offer them to their Idolles, for they say that they should offer the beste thinge that a man hath, and that in man they finde not a better thinge, nor more necessarie then the Teeth.

A straunge custome of Indians.

The Riuer of Guiaquil a marueilous water.

This Riuer whiche is called *Guaiaquil* haue greate vertues, beeyng neere to all suche as dooe inhabite in those partes, as well Indians as Spaniardes, with the water of it they dooe heale greate deseases, and for this cause the people come more thē sixe hundreth Leages to heale themselues

selues with it. Some there be whiche heale by washing thē selues in it, and drinking of the Water. Others there bee which heale by takyng of the *Sarcaparilla*, whiche groweth there, and it is vnderstoode that the vertue which it hath is taken of the water, of the Riuer, it is much vsed by the Indians, and by many Spaniardes, washing themselues many tymes therein, and taking in the mornyng as muche as thei can many times drinke. They both pisse much & sweat muche, and with this they doe heale, and it is verie muche like to the bathes of *Luca*, and of *Pucoll*, and of many other which are in Italie. And as they doe vse of the water of the Fountaine of *Lieia*, that healeth so many and diuers diseases, in this maner they doe vse of the water of the Riuer of *Guaiaquil*, with bathyng theim selues in it, and with drinkyng muche water of it thei heale.

The vse of the Sarcaperil.

The other maner of curing whiche yōu haue in that Riuer, is the vse of the *Sarcaperilla*, whiche groweth there, and is like to Briers of Spaine, and great and thicke. the rootes of theim are the *Sarcaperilla*, whiche is sumwhat grosser then that of the Hunduras, and is of coulour a lyon tawny, and sumwhat sadde, there bee some rootes so large and depe, that it is needefull to digge the length of a man to get thē out, of this *Sarcaperilla*. Thei doe vse in that riuer twoo maner waies, the one is as the Indians dooe vse it, and as thei vsed it of old time. When it was discouered & first vsed and as the Indiās did first vse it, thei taught it to our Spaniardes, whiche is to take the Rinde of the *Sarcaperilla*, with out the harte if it bee greene, it is not needefull to laie it in water, but if it be drie, it is needefull to laie it in water as muche tyme as it requireth, that it may bee made softe. And there muste bee taken a good quantitie of it, and afterward this Rinde of the *Sarcaperilla* beyng greene or watered, must be cut into small peeces, and it must be beated in a Morter, puttyng to it water in suche sorte, that the Joyce may bee taken out of it, of the whiche they take in the morn-

How they do vse the Sarcaperillia.

How they do make it and vse it in Guaiaquil.

nyng

nyng as muche as they can drinke at once or in diuers tymes, and after they doe cast them selues into a sweat, and they swete so muche, that it runneth by the Bedde in great quantitie. After that they take cleane Cloathes, and dooe eate of a Henne, they drinke of no other thing but of that Joyce whiche they tooke out of the Rinde of the *Sarcaparilla*, as well at Dinner, as at Supper, for that you muste eate verie little, and likewise at dinner. And that they dooe procure to keepe themselues from the aire and from the colde all that they can, although in that Village of *Guaiaquill*, whiche be about fiftie houses, or fewe more, the moste of them are Cotages, and of little sauegarde, and the walles be of Canes, and there be no Chambers on high, but in that a lowe they dwell al, and of little defence, being in this order and small comforte. Of Conserua and drie Fruite, whiche were necessarie, yet in eight or nine daies they remaine whole of all the deseases, that they dooe heale with the *Sarcaparilla*, and of many others whiche should be very large to speake of. It is sufficient that there goe no manne from thence whiche retourneth not whole, although that he had neuer so greeuous a desease, so that it be not sharpe Ageues: For in that case the cure hath no place, or in anie other sharpe desease. All other deseases they doe heale with marueilous successe, as it is seen by the greate number of people whiche come thether, that goe awaie whole, of the deseases, whiche they bring thether, it is needefull that hee whiche doth enter into this cure be strong and not weake, for that if he be, hee can not suffer so greate sweat, without greate perill of his person.

A nother waie to take it.

For these cuilles they haue an other maner of Water, that is, takyng of foure ounces of *Sarcaparilla* rather more then lesse. For that there they vse neither waight nor measure, but they doe put of all at discretion, and they doe take awaie the Rinde from the *Sarcaparilla*, and they breake the Rinde, without putting of it in water, if it be greene, and if it

if it be dry, thei breake it & put it in water, vntil it be made soft: this rinde beyng without the harte, thei seeth in fower Pottelles of water, little more or lesse, and thei seeth it vntill that halfe the water bee deminished, rather more then lesse: and of that water thei drinke as muche as thei can in many tymes, or at one time, and forthwith thei put them to sweate, & although thei sweate not so muche, as thei sweat with the first water, yet thei wil heale, thei moue their clothes, thei eate of a Pullet, thei keepe them selues from the cold and ayre, and at dinner & supper, thei vse the self same water, for that in one daie thei consume one seethyng: this people doeth take it in this maner fiftene or twentie daies, and in this sorte also thei doe heale of all their euilles and deseases, with the greate admiration of the people: and for the vse of this *Sarcaparilla* thei doe not except any desease, vnlesse it bee feuers or sharpe deseases: these people doeth not pourge at the beginnyng, as wee doe here, nor in the middeste, nor in the ende of the cure, for there is no other Phisition nor Medicine, but certaine women whiche bee there, that giueth the water: thei are women Phisitions, and thereof thei doe take awaie, and put to, as thei seeme good.

That whiche I doe note in this businesse: is to seeth the *Sarcaparilla* without the harte: and that thei vse not but of the Rinde, whiche seemeth to bee very well: and very comformable to good Phisicke, for the rootes whiche be harde, should be taken awaie, as a thing superfluous, and without vertue and profite, rather it dooeth let and disturbe, that it doth not worke that whiche is desired with it, & the vertue is in the Rinde: and this is that whiche wee doe commonly vse, whē we will profite our selues of it. And so from hence-forwarde, when I shall ordaine this water for any whiche hath neede of it, I will vse of the Rinde onely.

Note.

The maner how to make the water of the Rinde of Sarcaperilla

And so I doe ordaine at this present. Whiche is takyng fower ounces of *Sarcaparilla*, and take awaie the harte,

and the Rinde beeyng washte, caste it to wet in foure Pottels of Water, for one naturall daie, and after seeth it till halfe be consumed, and if you feare heate in the sicke body, put to it an ounce of Barley, with the huskes taken awaie, that it may seeth with it, and if there be much heate in place of common water, let it be made with the water of *Suckery*. with the Barley, and it will be a thing most temperate, and in suche it will make marueilous effectes, as we haue experimented in many.

Note. That whiche in this cause I haue considered, and that whiche I haue profited my selfe is, that they drinke as muche as they can at one tyme, or in many tymes, whiche surely doeth great effect in prouocation of sweate. For thei sweate muche by drinking of muche water, and they heale better, and more quickly, and that as should be doen in manie daies, is doen in fewe, and with more certaintie to remaine whole. Surely these be two thinges whiche doe importe much, the one to vse the Rinde without the harte, and the other to drinke muche water in the mornyng, at once or at manye tymes, that thereby it maye prouoke muche swette.

Note. In the rest let euery one vse of the diet that he can suffer, keeping the vertue, for that is it whiche healeth the diseases. We doe see that in the Bathes of Italie, and Almanie, the sicke people doe take of that Minerall water, xx. or xxx. little cupfulles before he eate, and all he doth put together with the Humor whiche is the cause of the disease, by the whiche he doth heale either by swet, or by Urine, and with this they doe heale of so many infirmities, as we doe see, written by graue authores, and so I doe beleue, that this newe vse will do to them, that doe take it, and vse it to their greate benefite, and profite, and that they shall better heale and more easely, and in lesse tyme, by doyng it with the order aforesaide.

From the newe kingdome they doe bring a Rinde, that they

they doe saie it is of a Tree verie great, whiche doeth carry leaues after the forme of a Harte, and beareth no fruite. This Tree hath a grosse Rinde, very drie and harde, in this and in the coulour it is verie muche like to the coulour of *Guaiacan*: In the vtter partes it hath a little thinne skinne whitishe, beyng broken throughout, the Rinde is thicker then a finger, drie and waightie, which beyng taken, it hath a notable bitternesse, like to *Genciana*, with some sweete taste, for at the ende of the chawyng of it there commeth from it a good smell. The Indians doe greatly esteeme of this Rinde, and they vse it in all kinde of fluxe of bloud, or otherwise, the Spaniardes beeyng muche troubled with this infirmitie: by the aduise of the Indians haue vsed of this Rinde, and many of them haue healed.

They take of it as muche as of a little Beane, made pouder, and they take it in redde wine, or in water made for the purpose, as the heate and the desease is, it must be taken in the mornyng fastyng, three or foure tymes, vsing in the rest the gouernemente that is conuenient for theim, that haue the fluxe. And it is so good, that they whiche come from those partes doe highly commende it: and they bring it as a thing wonderfull, for the remedy of this disease, I dooe thinke it to be no small thing, considering that the disease is hard to be healed. I had a peece of the Rinde about three or foure daies paste, of the whiche I will make experience, with more thinges, and wee will geue knowledge of all in the thirde parte, God willing, wee will write of the selfesame matter, I haue made experience of it twoo tymes alreadie with marueilous successe, for that it hath taken awaie the fluxe, whiche hath continued of long tyme. *The vse of it.*

¶ Of Amber Gryse.

Beyng with Jhon *Gotierres Telo*, a Gentleman very principall, and Treasurer of the Contratation house, a Passenger whiche came frō the Florida gaue hym a peece of *Amber Grise*, verie excellente, saiyng that hee brought it from the Florida, I tooke it, and brake it, and it was perfite grese, of a very good coulour, and the peece in the vttermost parte was blacke, and I did aske hym that brought it where he had it, he saied that he gathered it in the coast of the Florida, and that they haue it commonly of the Indians, that dooe gather it, in that Coaste, and they dooe take muche pleasure of it with greate delight, and content, annoyntyng their faces with it and other partes, for his good smell whiche hee hath. And surely it maketh mee maruell to see that in oure Occidentall Indias, there was so excellent *Ambar*, and that the time hath discouered it vnto vs, and there hath come from those partes not onely so muche riches, of Siluer and Gold, Pearles, and other precious stones, but that now thei bryng vs suche excellēt *Ambar Grise*, a thing so esteemed in worlde, and so muche it is vsed for the healthy of the body, and so necessarie it is to cure and to heale with it, so many and diuers infirmities, as we will speake of, a thyng for the delicacie of mankynde, an ornamente, and contente, whiche so muche serueth for manne. I doe vnderstande also that other passengers brought of the like *Ambar*, and some in muche quantitie, for the whiche I was verie gladde, and the firste peece that I sawe was verie suspicious vnto mee, and after that I had seen more, then I did beleue that there was of it, in those partes, whiche is found caste vp vnto the Coaste.

The Ambar is not the seede of the Whale but a Gumme.

Some there be whiche do thinke that it is the sēde of a Whale, as it hath been an auncient opinion, which is false,

as

as Simion Archiatros a Greeke author doth showe it, saiyng that the *Ambar* in diuers places doeth spring, they bee his fountaines from whence they doe spring, as those of Piche Licor, the worste is that whiche these fishes doe taste, and swallowe doune. &c. The same doth seeme Serapio to vnderstande, if it be not this Simeon a Greeke and Actio, I finde no other Greekes that dooe make mention thereof, it is a thing treated of the Arabies with so great ignorannce and confusion as may be seen. Whosoeuer by them will verifie what *Ambar* is, it is to bee determined vppon that it is a kinde of Pitche, that doth come forth, and spring, of Fountaines, that are made in the deapthe of the Sea, and comming forth to the aire, the Licor beyng grosse it doth congele, and waxe harde, and doth make the *Ambar* whiche we see, as many thinges whiche are in the lower parte of the Sea, are softe and tender, beeyng taken out to the aier are made harde. As we see in the Corall, for that in the lowe partes of the Sea it is softe and tender, and bringing it to the aier it is tourned a stone, and the *Amber* whereof the Beades are made in the low partes of the Sea it is white, and beyng come forthe to the aier, it turneth harde and stonie, and it is Pitche, which doth come forthe of a fountaine, whiche is in the Germaine Sea, with this the barbarous opinions are confounded, that saye the *Ambar* is the seede of the Whale. And the cause wherof this ignorannce came that *Ambar* was found in the Whales, and other fishes, saiyng that it did growe of their owne nature in their Mawes, and as this Pitche doth rise vp to the highest partes of the Sea by reason of the lightnes it hath, the Whales doe deuour it, thinking that it is a thing to be eaten, and so they doe finde it in their Mawes. For if it were seede, it woulde be in other partes of their bodies, where it is naturall to all beastes. In my tyme was taken a Whale, in the coast of the canaria that had more then one hundreth pound waight of *Ambar*, and after that they killed manye, and

Simeon a Greeke author.

Corall.

Ambar congeled.

The Amber was founde in the Whales Mawe.

found none.

Whales of the Coast of the Florida.

They that come from the Florida doe saie that there be Whales by these coastes, and that they haue killed them and finde neither *Ambar* nor other thing in their Mawes, more then fishes, and that in the yong Whales whiche are verie greate, although they haue killed them they finde nothing in them, for that the Indians doe fishe them, and take thē with ỹ greatest cunnyng that may be imagined, which is that one Indian doth take a long cord, and strong, made with certaine ginnes, and he putteth himselfe into a little Boote, and he goeth towarde the Whale where hee seeth hym comming with his youg Whales, and he goeth to one of them and leapeth vpon him, and doth cast his snare vpon his nowte, the strong young Whale when he feeleth this, he goeth doune to the deepthe of the Sea, and the Indian abyaced fast with him, they are greate swimmers, and doe suffer to be long in the water, the young Whale as he hath neede to breath, hee doeth retourne vp to the height of the Sea. And in the tyme that he doth come vpwarde, the Indian doth carrie with hym a sharpe wedge, and doeth put it thyough his Nose where he doth breath, and he striketh the wedge into hym with his fiste, in suche sort, that the young Whale can not cast it from hym, and when he commeth vpon heigh, the Indian doeth gene hym corde, and taketh his Boote, and goeth after the young Whale, and as hee can not breath hee doth choke hym easelie, and hee commeth to the lande. It is surely a delicate and marueilous huntyng, in the whiche they haue so muche cunnyng, that a great Lizarde or Crocadile of xxiiij. foote, the moste horrible and cruell beast that is in the Sea one Indian doth kill. Some doe saie, that the *Ambar* is made of certaine fruite that is at the Sea side, where Whales bee, and in the Moneth of Aprill and Maye, when it is in season, and of sweete smell, the Whales doe eate it, and of that the *Ambar* is made: as if the fruite so eaten, would be cōuerted into an other thing

then

then into bloud and flesshe. There be many other opinions, whiche haue been in this businesse, what *Ambar* should bee of, whiche is confuted and vndoen, and it is vnderstoode, that it is a kinde of Pitche whiche doth spring of Fountaines that there are in the deapthe of the Sea, in particular partes of it, as we see that there be of *Petroleo*, of *Napta* of *Sulphur*, and of many other thinges, as be in our Occidentall Indias, of other diuers Licors, the best *Ambar* is that whiche is most like to a redde coulour, the white is not so good, and the worste of all is the blacke.

Whiche is best.

The Ambar hath greate vertues, and doeth serue in the worlde for many thynges, and so it is a thyng of greate price: for that whiche is good is worthe at this daie, twoo tymes more then the moste fine Gold. For the contentmēt of manne, and for the delicatenesse of the worlde, it serueth for many thynges: with it thei make Beades, and fine perfumes, and odorous smelles, and water of Angelles of moste sweete smell, in diuers formes and fashions: with it thei doe dresse gloues of diuers sortes, and maketh Dyles and licours, of moste sweete and delectable smelles: it serueth for meates and drinkes, in diuers and sundrie formes whiche to reporte, will be a large processe.

The vertues of the amber.

The medicinall vertues whiche it hath.

In medicinall thinges his vertue is greate, and it doeth profite very muche in our Medicines, for it entereth into the moste principall matters of Phisicke, whiche is compounded in the Poticaries Shoppes, as well Lectuaries, as Confectiōs, Powders, and Pilles, Preparatiues, Dintmentes, Plaisters, and many other thynges, that doeth receiue greate vertues therewith: and with the name of it, there is made a confection called *Dia Ambar*. The vertues whiche it hath in perticular are greate, and of greate effectes, for that with it is healed diuers and sunderie deseases. And this the Arabians did teache vs: for of the Grekes onely Simeon Secto, and Actio spake a fewe and shorte woordes of it, and Actuario did make the like mention of

its:

it: These three authours beyng Greekes, were after that tyme that the Arabiens did write, and thei made some recorde of the Medicines, and thynges whiche thei wrote of, that the auncient writers made no mention: and one of them is Ambar, whiche the olde Phisitions knewe not before the Arabiens, for thei made no mention of it.

His complexion.

His vertue is to heale, dissolue, and comfort any maner of waie, wherein it is applied: For that his complexion is hotte and drie, with some fatnesse, and it giueth vertue to mollifie, and make soft, with the more vertues that it hath.

It doth comforte the braine and the Senowes.

And beeyng applied to the Braines, in the maner of an oyntment made, and meltyng it with the Pestell of a Morter beeyng hotte, and mingled with the oyle of the flowers of Orringes: in this sorte it taketh awaie the greef of the hedde, it doeth comfort the Senewes, it doeth dissolue any maner of colde whiche is in theim, with a greate prerogatiue and helpe, aswell in this forme, as in makyng a plaister of *Alipta Muscata*, whiche is made of certaine compoūndes, that it bee put continually to that part

What the smell of the Ambar doth

Smellyng vnto it in the peece, or makyng a Pomander of it, mingled with Muske, Lignaloe, it doeth comfort the braines, and it dooeth open the vnderstandyng: of the one sorte, or of the other, beeyng applied vnto it, it maketh a good memorie, and helpeth the vnderstandyng, that it may bee better and more perfite. And it is conuenient that wee vse it more then women, for the hurte whiche the good smell dooeth vnto them, whiche bee greeued with the Mother, thei ought not to vse it: if there were not a descending of the Mother to the lower partes: for in suche case it wer conuenient to smell muche to it, for it causeth the Mother to rise vp to his place, with the good smell, and takyng the euill by the inferior partes. And likewise by smellyng vnto it, it doeth comforte the harte, and doeth make the Spirites valiente and better: and for this purpose it profiteth, beyng carried about one, smellyng to it, in the tyme of the

Pestilence,

Peſtilence, and of corrupte ayres, for to reſiſte the corrup-tion, and malice of them, with his vertue and ſweete ſmell.

It is a marueilous thyng how muche the Ambar doeth profite and ſuccour them, whiche bee olde, in any maner of ſorte that thei vſe it: and although with his excellent ſmell it doeth comforte the ſpirites, and the braines of the hedde it dooeth alſo make thinne Flegmatike humours, whiche doeth continually abounde. And ſome dooeth ſaie, that the vſe of it dooeth holde backe the age, and dooeth conſerue that it goe not forwarde: it is good that ſuche doe vſe it in their meates, and in ſweete ſmelles for their apparell and Chambers, and applied to the braine and harte: and that thei bryng it to ſmell in their handes continually: and that it bee putte into the wine, wherewith thei waſhe their han-des and face, for it is a marueilous thyng how muche it comforteth, and giueth ſtrength, in the whiche I haue ſeen marueilous effectes, and thei whiche are olde and crooked, that dooeth vſe it, ſhall ſee greate good, that it will dooe to theim.

The Ambar is a great re-medy for them that be olde.

In paines of women, it is a marueilous remeadie, min-gled with the Lode ſtone, and *Galuano*, made in little plai-ſters laied vpon the nauill, for to keepe the Mother in his place, and for the reſte of the paines of it. Cheefly by ſmel-lyng to it continually, it doeth profite women that the Mo-ther maie come doune. And if it riſe vp, put into it a Tente of Cotten woll, diſſolued with oile of liquid Ambar, it ma-keth it come doune. Putte into the mouthe of the Mother, in women whiche doeth not bryng forthe childzen, for the coldneſſe that is in them, I doe vſe to take this confection, whiche is made with Ambar twoo partes, and the ſcra-pyng of Iuorie one parte grounde ſmall, halfe a parte of Lignaloe made pouder, and with a little Muſke, of the whiche make Pilles, and thei muſte take three, that maye waie three pence, from three to three daies: puttyng to it the little plaiſter, whiche is ſpoken of to the nauill, and

In paines of women.

the tent in the mouthe of the Mother: surely it dooeth profite muche the vniuersall euacuations, beeyng made, and it must be vsed many daies.

For the euils of the stomacke.

The Amber dooeth profite muche for the deseases of the stomacke, and for the coldnesse of it: vsyng to bee putte in a plaister made thereof, and of *Alipta Mucata*, and of Storacke, after the maner of a brest plate, put to the stomacke: and of the self same thyng mingeled, made Pilles, or mingeled with wine, of sweete smell, takyng it in the Mornyng fastyng. For that it dooeth dissolue windes, it taketh awaie any maner of colde whiche is in the stomacke, it helpeth disgestion, it giueth appetite, and luste to meate, and this is conueniente to hym that is colde of complexion, or for that whiche doeth cause the hurte of the stomacke, that commeth of colde: and therefore it shall bee conuenient for them that be olde, and colde of stomacke.

For the euill of the harte.

It doeth comforte the harte, and the Ambar doeth heale the deseases, principally if thei come of windinesse, or of colde humoures. Takyng it by it self, or mingled with Lignaloe and Muske, in maner of pouders, or pilles. For that the Muske, as *Auerois* dooeth saie, comforteth more then all other sweete smelles that is in the worlde, for that his sweete sauour, and comfortyng dooeth preuaile more, then all other smelles. In any maner of waie that the Ambar is applied, by it self, or with other thynges, in infirmities of the harte, it dooeth profite muche applied to the harte outwardly, in any maner of sorte, it doeth comfort, strengthen, and doeth dissolue any humour that is in you.

Of thē that be Melancholie.

I doe cause Ambar to bee grounde, and beyng well mingled with yeallow waxe molted, and made therof a thynne cake, and put to the harte, it dooeth profite muche in the euilles of the harte, cheefly if that thei come firste of windinesse, Melancholie, or of any other cause what so euer, so that it be not hotte.

The Ambar is very profitable to them that bee Melancholie

cholie, for it maketh them very merie, taking awaie the causes of the euill, and dissoluyng his windinesse, of the whiche there are very many greeued with all: and vnto suche it is good that it bee ministered, and that thei vse it after the maner of Medicine, mingled as we haue saied, in the morninges: and also that thei doe bryng it laied vpon the harte, and vpon the braines, and that thei vse it in meates, for surely I haue seen greate effectes dooen vnto suche with it.

Where there is corruption of ayre, the Ambar dooeth rectifie by it self, or mingled with thynges of sweete smelles, the place beeyng perfumed with it, where thei should stande, principally in the tyme of Winter: and vnto suche as doeth suffer colde Reumes, in colde tymes: cheefly perfumyng thei kerchewes, whiche thei slepe with all, or his mixture, perfumyng the Chamber likewise, it is a marueilous thyng, what a good woorke it doeth make. *It doeth rectifie the aire.*

And likewise it doeth good to them, whiche hath the palsey, or weakenesse of Senewes: perfumyng them selues with it, or with his mixture. *For the that hath the Palseye.*

Thei that hath the Faulyng sickenesse, ginyng to theim at their noses, when thei bee in their traunce, or *paroxismos* the smoke of it maketh theim to awake: and wearyng it about you, smellyng to it continually, the traunce doeth not come so quickly and so strong. And those whiche doeth sufer the desease of the Palseye, anoyntyng their hedde with it, and all the vpper part of the hedde, it doeth manifest profite to them: for that the Ambar is a thyng that dooeth comforte the senewes and braines, more then any thyng which we knowe. *For theim whiche hath the Fallyng sickenesse.*

One thyng the Ambar hath, that it putteth admiration, and Simeon Secto a Greeke auchour dooeth saie, that if any dooeth smell to it before he drinke wine, it maketh hym stande as if he were dronken: and if it bee put into the wine, it maketh hym dronke in deede, in suche sorte that a little *The Ambar dooeth make dronke.*

wine mingeled with Ambar, causeth dronkennesse, whiche I haue seen by experience, in the house of a greate Lorde of this Realme, where for delicatenesse, and daintinesse, thei had a Salte seller of Ambar, as also Salte to caste into meates: and to a Jester there was Ambar caste into his wine, and he was made very dronke with it. Many other thynges there were to treate of Ambar, but because I would not passe the limites of my purpose, I doue leaue to write of it. And because in the thirde parte wee will declare that whiche wee meane more to saie.

The ende of the seconde parte.

THE THIRD PARTE OF THE MEDICINALL HISTORIE,

whiche doth treate of the *thinges that are brought frō* our occidentall Indias, which doeth serue for the vse of *Medicine.*

Where is put many thinges Medicinall, that hath greate secretes and vertues,

Now newly made by the saide Do-ctor *Monardes*, *after that he made* the firste and seconde parte.

THE THIRD
PARTE OF THE
MEDICINALL HISTORIE,
which doth treate of the
diuine Pharmacy or Receipts
of Physicke.
Collected out of the holy Scriptures,
and other
Now newly made by the said Do-
ctor Muruell, after the same
the fifth and fourth parte.

¶ Of the Sinamon of our Indias.

IN the yere of 1540. Francis Pissarro did prouide to make to his Brother Gonsalo Pissarro gouernour of the Prouince of Quito, and the Spaniardes wēt thither with a good will, and they wente also vnto the countrie that was called of the Synamon, whiche was an other Prouince beyonde Quito, and the Sinamon was muche spoken of amongest the Spaniards, for it was vnderstoode of the Indians that it was a thyng of great riches.

The History of the conqueste of the countrie, where the Sinamon doth growe.

Gonsalo Pissarro did depart with 200. Spaniardes, and it happened to hym euill in his iorney, for it was a sharpe countrie, and without vittaile, and with greate trauaill they came to that prouince called of the Indians *Somaca*, where the Sinamon groweth, whiche is right vnder the Equinoctiall Lyne.

The description of the Tres and of the fruite.

The Trees whiche doe beare it, are of reasonable greatnesse, they carie a leafe like to Laurell, they bee all the yere greene, and they neuer loose the leafe, whiche is a thinge common in all the Trees of the Indias. They beare their fruite vnto the likenes of a little hatte, that hath his cuppe and sides as greate as a peece of eight Rialles of Siluer, whiche is foure shillinges, and some greater, hee is of the coulour of a darke Tawnie, as well without as within, he is smothe in the Inner parte, and sharpe in vtter parte, in the highest parte of the Cuppe he hath a stalke, whereof he hangeth in the Tree, he is as thicke in the side as a peece of eight Rialles of siluer, and the vppermoste parte is fuller of bodie, and beeyng tasted, it hath the same pleasauntnesse of taste as the same Sinamon hath, which they bring from the India of Portingale, and so there doth remaine in the mouthe

mouthe the same sweete smell, and taste, as the same Sinamon of the East India hath, and there doeth remaine in the mouth the same swete smell and taste, & with some dyuersitie, the self same it doeth beyng grouñd, whiche doth respire out from it the same smell, which the most fine Sinamon hath. And in the meates where it is put, it geueth vnto them the same taste and sauour that the Sinamom of the East India hath. The Trees haue a grosse Rinde, but without taste, sauour or smell, of the Sinamon. I can not tell if the little inner Rinde haue it, onely the Rinde I haue seen with the fruite, as it is saied, they saie that the leaues beyng beaten, do geue out some smell of Sinamon, only the vertue, swéet smell, and taste, is in the fruite, whiche is contrarie to the Sinamon, that is brought from the Orientall Indias, for onely in the rinde of the Tree is that which hath the swéet sauour and pleasaunt smell, as we doe all see. Truely it is, that some is better and of more sweete smell and taste, then other some is. For although that they are all one sorte of Trees, whiche doe geue the Sinamon, some haue the rind thinne, and that is the beste Sinamon, and others haue it grosse, and this is not so good, and therof it hath come that there bee some whiche doe distinguishe the Sinamon into diuers kindes. For one sorte they call *Cassia*, and an other Sinamon, & an other *Cassia lingua*, and it is all one kinde of Tree, that bringeth them forthe: but that the diuersitie of the place doeth bring foorthe one more fine then an other, and so *Cassia* and Sinamon is all one, for that they differ not, but in the names, for all is Sinamon, thinne, and fine, and where as you finde written *Cassia*, maye be put Sinamon, and where you doe finde Sinamon, *Cassia*.

Cassia and Sinamon is all one.

Vertues that it hath in medicine.

This our fruite that is called Sinamon doth profite in medicine for many thinges, being taken and made pouder, it doeth comforte the stomacke, it doeth dissolue windes, it taketh awaie the euill smell of the mouth, & it is an importaunt remedy for the griefe of the stomacke, it is cordiall, it maketh

maketh a good couler in the face, in dyuerse meates it is put and vsed euen as Sinamon is, because it doeth the like effect, that it doeth, by takyng the Pouder of this fruite with Wine, or water made for it, it doth prouoke the Purgation of women, it is hot in the thirde degree, and dyie in the first, but with notable comfortyng, for the dyie partes that it hath.

¶ Of the Ginger.

Don Fraunces de Mendosa.

DOn Fraunces de Mendosa, Sonne vnto the vise Roye, Don Antony de Mendosa did sowe in the new Spaine Cloaues, Pepper, Ginger, and other spices, of those whiche are brought from the Dzientall Indias, and that whiche by hym was begonne was lost, by reason of his death, onely the Ginger did remain, for it did growe verie well in those partes, and so thei bryng it greene from the newe Spain, and other partes of our Indias, and some they bring dyie, after the maner of that of the East India.

The description of the Ginger.

The Ginger is a Plant whiche doth carie his leafe like to *Lirio*, sumwhat more narrow, with the same greeneneſſe, the Roote is as it seemeth some greater then other, and when it is greene, it burneth not in the mouthe, whereby beyng made small peeces, they are put into Sallettes, for because it geueth them both taste and smell, they sowe it, of the seede that it doth bring forth or of the same little roote, and of the one sorte and of the other it doeth waxe greate, and after the Roote is growen greate, they take hym forth and dyie hym, in the shawdowe, where no moyst doth come, for that is it whiche doeth corrupt hym, and for this cause they bring it in dyie earth and made in Conserua, although that here it maie be verie well made of that whiche is dyie, puttyng the Roote buried at the foote of a place where ma-

ny rides, doth growe, for there it wareth softe, or washyng it many tymes with hotte water, and so leauyng it in the water vntill it bee soft, and after puttyng to it Suger, it is made Conserua as well as the greene.

They bring it in Conserua and how it is made.

This Roote hath greate vertue of *Arromaticall* smell and taste, and with a notable sharpenes, it heateth notably, it is good for the stomacke, and so it taketh awaie the griefe of it, when it commeth of a colde cause or windie, it maketh the like effectes that the Peper doth, it giueth sauour, and sweete smell, and good taste, vnto drest meates, where it is put, it is correctible vnto many Medicines, for because it doth correct, and dresse them, and taketh away their malice, and so they doe mingle it with *Turbith* and with *Agarico*, and it doth correct them whereby they doe woorke the better, it helpeth digestion and strengtheneth the stomacke, it doth corroborate the naturall heate, it geueth lust to meate where it lacketh, for colde causes. This the Conserua doth verie well, whiche beeyng taken in the mornyng it doeth make these effectes, and also maketh a good coulour in the face, and it doth all the woorkes whiche the Peper doth, and so it is well nere of his complexion and temperature.

His medicinall vertues.

¶ Of the Ruibarbe of the Indias.

The description of the Ruibarbe of the Indias.

THei brought from the firme Lande, a peece of a roote whiche is called their Ruibarbe, and surely it hath all the signes that the Ruibarbe hath, whiche is brought from Leuant.

It is rounde, the Rinde is more like to blacke, the inner parte is redde, and beyng broken it doeth chaunge somewhat white, it dieth a couller like Saffron: it is bitter, I am desirous to knowe what leafe it carrieth, to see if it carry a leafe of it, whiche vnder this name many in Spaine haue sowed muche, whiche casteth out certaine leaues like to *Romaza*, and so I doe take it to bee a kinde

of

of it, for the seconde sorte doeth carry a redde roote: the leaues of this roote whiche I doe take to bee *Romaza*, it doeth pourge beyng sodden notably, muche more then the Roote, and so saieth *Dioscorides*, that all kinde of *Romaza* doeth soften the beally notably.

The Ruibarbe is an excellente Medicine, and worthy to bee muche estemed, and so highly thei haue praised it, all suche as haue wrote of it, I speake of the pourgatiue Ruibarbe, whiche wee doe vse to pourge withall, for it was an other sorte, whiche the Grekes did knowe. *Note.*

The Ruibarbe is an excellent Medicine, for because it is giuen with all assuraunce, in all tymes and in all ages, it pourgeth Choller principally, and Flegme, it doeth comforte the Liuer, and it is his life, it vndooeth opilations, it taketh awaie the Jaundise, and clarifieth the blood, and doyng this it doeth corroborate, and strengthen the spiritual members, and so it is geuen with all assuraunce, to them that hath any greeffes of the harte: some of it beeyng chewed in the morning, it healeth any long and importunate deseases of the Liuer, and of the Lunges, and of the Inner members: and doeth heale the Dropsie and Timpany, and maketh a good coullour in the face. It is hotte and drie in the seconde degree, with some parte yearthy, whiche doeth geue drinesse and comforte. *The vertues of the Ruibarbe.*

¶ Of the Pinnas.

THe *Pinnas* are a fruite whiche bee moste sette of in all the Indias, as well of the Indians as of the Spaniardes, they are called *Pinnas*, for the likenesse that the Fruite hath to the *Pinnas*. And although hee be smothe, yet hee hath certaine markes in hym whiche the *Pinna* hath. His fashion is like to a Cuppe, of them, whiche be cal- *The description of the Pinnas.*

led emperiall, beyng broade alowe and narrowe aboue, and by the mouthe of him there groweth out certaine Buddes, whiche are his Leaues, and dooe cause him to showe verie faire, and these Buddes are sowen, and of them doth growe the Plantes, whiche dooe cary the *Pinnas*, and one Plante doth not carie more then one *Pinna*, in the highest parte of him, hee groweth greene, and as he goeth ripening, he turneth yeallowe, they take from him his Rinde, which is verie thinne for to eate, that as hee hath within him is white, and softe, and it doth melte in the mouth, with a verie good taste, and sweete sauour: sauing that hee hath manie small Carnelles rounde aboute hym, that it is needefull that you cast them from you as you goe eating of them, whiche are of a Purple coulour, his smell is like to a kinde of Quince, and where as there is a *Pinna* ripe, hee smelleth like to a Quince in all the house where he is.

His verthes

They take hym to bee good for the stomacke, and likewise for the harte, and to restore the appetite losse, it is a generall fruite in all partes of the Indias, and muche esteemed. He is to be eaten at the beginnyng of meate, and they vse to eate of hym in the hot after Nones: for they saie that it doth refreshe, they are colde vnto me, they brought twoo sortes: the one drie, and the other in Conserua. The drie did serue for no other purpose, but to see the figure and the forme as is saied, in Conserua, it hath a good tast, although sumwhat sharpe, it ought to be made in Conserua when it is greene.

¶ Of the Guaiauas.

The description of the tree whiche doth cary the Guaiauas.

They brought mee from the firme lande the seede of the fruite whiche is so muche esteemed of the Indians, as of the Spaniardes whiche thei call *Guaiauas*, the Trees which doe carie this fruite are of a reasonable greatnesse, they do cast out their bowes dispersed,

disperſed. They carie a leafe like to the maner of Laurell, the flower of it is white, accordyng to the faſhion of the flower of Orringes, ſauing that they are ſumwhat greater, it is of a ſweete ſmell. This Tree doeth yelde muche fruite, whereſoeuer he be ſowen, and he doth multiplie and ſpreade ſo muche a broad, that they take it to be euill for the ground where it groweth, for that in many paſtures the people doe looſe the feeding of their cattle by reaſon of them. And thei doe weue themſelues one with an other like to Briers, the fruite whiche they carie be like to our Apples, of the greatneſſe of a Pippin, he is greene when hee beginneth firſte to appeare, and as he ripeneth, he tourneth yeallowe, in the inner parte he is white, and ſo in coulour ruſſed, and beeyng cut, hee hath foure places deuided, where hee hath his ſeede, the which is like to the ſeede of Medlers: being moſt hard, and of coulour Tawnie, all the ſtones within haue no carnell, they are without any ſauour. And for to eate theſe Apples, they doe pare them from the Rinde, the fruite is holſome, and of good digeſtion: when they be greene they are geuen to them that haue the Laſke, for they doe reſtraine and binde muche, and when they bee verie ripe, they doe make the bellie verie laſcatiue when they be of a good ſeaſon. They are good roſted for them that be whole, and for the ſicke, for beyng ſo roſted they are more healthfull, and better, and of better taſte. And the beſte of them are of the Trees whiche are tilled, the Indians doe vſe the leaues in ſeething, with the whiche waſhing their feete being ſwollen, doth cauſe them to be vnſwollen, and the inner partes of the body being ſtopte or opilated, being waſht with this ſeating, they doe diſopilate. It ſeemeth to bee a colde fruite, and ſo they geue them roſted: to them whiche haue hotte Agewes, it is verie common in all the Indias.

Of the Cachos.

The description of the Cachos.

Also they did sende mee the Seede of a Plante or Hearbe, that the Indians dooe muche esteeme, whiche they call *Cachos*, the *Cachos* is an Hearbe verie reddishe in coulour, it carieth a rounde leafe and thinne, it doth cast out a fruite like to a *Berengena* of Spaine, where the seede doth growe, it is verie small, and of a Russet coulour, it hath a taste without anye sharpenesse, onely in the Mountaines of Peru this herbe is found.

His vertues

The Indians doth muche esteeme it, for ỹ medicinall vertues that it hath, it maketh one to pisse well where the lack of Urine is, it doth expell the Sande and Stones, whiche growe in the Raines. And more they saie that the vse of it doth breake the stone from the Bladder, if the Stones bee sokt, that thei maie be dissolued, with very little quantitie of it, and of this they haue so many examples, that they dooe cause me to maruell at it, because I do thinke that the stone in the Bladder can not bee expelled, but onely to take hym out is the remedie, and that no Phisicke can dissolue hym. They saie that takyng the seede grounde with some water, made for the purpose, doth cause it to be caste out in Claie, and beyng come foorth it doth retourne to be congeled, and tourneth it self a stone.

History.

Onely to a ponge manne I sawe that this did happen vnto hym, he hauyng a stone in the Bladder, and I beeyng certified of it by the Maister Surgions that had felt hym, and of the accidentes whiche he had, I caused hym to bee carried at the beginnyng of the Sommer, vnto the Fountaine of the stone, and in twoo monethes that he was there he came whole from thence, and he brought in a paper all the claye whiche he had putte from hym at tymes, beeyng made stone in peeces: wee will sowe the seedes for it is ve-

ry

ry little, for to see the effecte doen by them, whiche thei saie that is dooen in a cause so greate, and if it dooe growe, wee will vse of it.

¶ Of the floures of Blood.

The description of the hearbe and the flower.

I Sowed a seede whiche thei brought me from the *Peru*, more to see his fairnesse, then for any Medicinall vertues that it hath, the Hearbe commeth to bee of the height of twoo paumes, little more or lesse, the bowes doeth caste out straight with certaine rounde leaues, very greene and thinne, in the hiest of the bowes there doeth growe a flower beyng yeallow, very high in couller, and onely he beareth fiue leaues, and in the middest of euery leafe there is figured a droppe of bloode, so redde and so firmely kindled in couller, that it can not bee more. This flower hath at the foote of it a stalke very longe, whiche cõmeth out a good space from the flower: it is a flower very beautifull, whiche doeth adornate the gardens, and it groweth very well of the seede, or of the Plante: and beyng tasted it hath the same sauour and taste the *Mastuesso* hath, it is notable hotte.

A rinde of a Tree for the Reumes.

AMongest the thynges whiche thei sent me from the *Peru*, there is a thicke rinde, and it seemeth to bee of a greate Tree, and beyng tasted it hath a sharpnesse of taste with some drynesse: the Trees be growyng at the side of a Riuer, where this rinde is taken of, which is twentie and fiue Leagues from *Lima*, and thei are not founde

founde in other partes of the Indias, but onely there, it is after the fashion of an Elme, as well in the greatnesse, as in the leaffe. The Indians when thei doe feele them selues laden with Reumes, or hath the Cough, or any paines of the hedde, thei make pouder very small of the rinde of the Tree, and dooe take it at their noses, and it dooeth cause them to pourge muche at them, and with this thei cleare them selues of the euill: whiche wee haue experimented, by takyng the pouder at the nose, it maketh them to pourge notably. It seemeth to bee more then hotte in the seconde degree.

The vse.

Of the Pacall.

IN the same Riuer there groweth an other Tree, whiche the Indians doeth call *Pacall* whiche Tree is lesser then that we haue spoken of: The Indians dooe vse of it made in Asshes mingled with Sope, it taketh awaie any maner of sore or skabbe in the hedde, for greuous that it bee, as well those whiche doeth growe in the hedde, as in the bodie: as also it taketh awaie the markes of the saied skabbes or sores beyng neuer so olde. Hether thei sent me a little of the woodde, wherewith the Ashes are made, that we might make experience of it.

The vse.

Of the Paico.

THei sente me an Hearbe that in the *Peru* thei call *Payco*, thei bee certaine leaues after the maner of the leaues of Lanten, of that makyng and greatenesse, and as thei come vpie thei are verie thinne: and beyng tasted, thei haue a notable bighting, that thereby thei seeme to bee very hotte. And beyng made pouder

der and taken in Wine, thei take awaie the greefe of the stone in the kidneis, whiche commeth of windinesse or cold causes: beyng sodden and made a plaister, and laied vppon the greefe, thei take it awaie. *His vertues*

An Hearbe for the euill of the Raines.

LIkewise thei sent me an other Hearbe, whiche doeth profite muche in the euill of the Raines, when it commeth of a hotte cause: The Juyce mingled with an noyntmente of Roses emongest it, and putte vppon it one of the leaues or more if it bee needefull for inflamation, the ioyce there of beyng putte, it dooeth profite muche, for it doeth resiste inflamation, and dooeth mitigate the paine. The leaues whiche thei sente me, bee like to small Lettise, with the same greatnesse, and beeyng tasted thei are of an euill sauour, it seemeth to be some Hearbe notable cold. *His vertues*

Of a fruite vvhiche grovveth vnder the grounde.

THei sent me from the *Peru* a fruite very good, that groweth vnder the yearth, and very faire to beholde, and of a very good taste in eatyng, this fruite hath no roote, nor doeth produce any plante, nor plante doeth produce it, but that it is growen vnder the grounde as the *Turmas* bee growyng vnder the yearth, whiche are called of the yearth: It is of the greatenesse of halfe a finger rounde, and rounde about theim with a very faire woorke, it is of a baie coullour: It hath within it a little cernell, that when it is drie, it maketh a sounde with in, like to an *The discription of it.*

Almode: the rinde of it is taunie, and somewhat white, parted into twoo partes like vnto an Almonde. It is a fruite of good sauour and taste, and eatyng of it, it seemeth that you eate Nuttes.

Where it groweth. This fruite groweth vnder the yearth, in the coaste of the Riuer of *Maronnon*, and it is not in any other parte of all the Indias: It is to bee eaten greene and drie, and the beste waie is to toste it, it is eaten alwaies after meates, as fruite eaten laste of all, because it drieth muche the stomack and leaueth it satisfied, but if you eate muche of it, then it geueth heauinesse to the hedde. It is a fruite in greate reputation, as well emongest the Indians, as the Spaniardes, and with greate reason, for I haue eaten of theim, whiche thei haue brought me, and thei haue a good taste. It seemeth a temperate fruite.

Of the fruite called Leucoma.

It is like to Chestnuttes. THei brought me likewise a fruite of a Tree that the Indians doeth call *Leucoma*, whiche is like vnto a Chestnutte of these of ours, as well in couller as in the greatnesse, as also in the whitnesse that the Chestnutte hath: It seemeth that within it is an other thyng, I did not breake it to see what it was, for because thei brought me but twoo of them, the one I haue sowen, and the other I haue for to Sowe at an other tyme. This fruite dooeth beare a Tree of muche greatnesse, for it is of timber strōg and harde, he dooeth caste his leaues like to *Madronno*, whiche is a Redde berie, growyng in the Mountaines of Spaine. This fruite doeth serue to bee eaten, for that thei saie it is of a good taste, and good for the laske: for because it is very drie: thei saie it is a temperate fruite.

Of

Of the Beades stones to vvashe vvithall.

THei sent me a little Chest made of Corke full of rounde Beades stones and blacke, with muche beautie, that thei seeme to bee of the woodd *Ebano*: and thei bee of a fruite whiche a small Tree dooeth beare, beyng more crooked then straight, after the maner of Briers: and he carrieth a round fruite as greate as a Nutte, couered with a certaine fleshinesse clong therevnto, the whiche beyng taken awaie, there remaineth a round Beade stone, and so rounde that it can not bee rounder, of blacke couller moste harde that it can not be broken. *How it is fruite.*

This fruite dooeth serue in place of Sope, in suche sorte that twoo or three of these with hotte water dooeth more effecte for to washe, and to make cleane cloathes, then one pounde of Sope dooeth: and so it raiseth the fome, and dooeth all the effectes that the Sope dooeth, and so thei goe washyng by little and little, vntill onely the Beadstone doe remaine, whiche is on that whiche this fruite is founded on, and al are pearced through: and there are made of them Beades to praie vpon, whiche dooeth seeme to bee of *Ebano*, thei dure a long tyme, for as thei are Beades so harde, thei breake not: this fruite is so bitter, that neither beaste nor Birde commeth to it, for his bitternesse. I haue Sowen some of the Beades, and thei haue growne, and thei dooe caste out from them faire leaues very greate: I dooe truste that thei will bryng forthe fruite, for now the Plantes are verie little at the tyme thei will giue it vs. *Sope.*

Of the Crabbes of that countrie.

Historie.

A Gentle manne whiche came from the firme Lande did certifie me, hauyng had certaine continuall Agues in that countrie, he came to bee in a consumption, and was counsailed to goe to certaine Ilandes, whiche is betwene *Puerto Rico* and the *Margareta*, for that there is in them greate quantitie of Crabbes, and thei are the beste of the worlde, for because thei are maintained of Pigions Egges, whiche goeth thether to laye, and of the yong Pigions that are there, and that he should eate no other thyng but these Crabbes sodden: and he healed verie well, and although he had eaten muche flesshe of Popingeis for that effecte, thei did not vnto hym so muche good, as the Crabbes did: and in them that are consumed, thei haue a greate propertie, as *Auenzoar* saieth, and not onely thei doe profit to suche by manifest qualitie or degree, but their perticulare propertie whiche thei haue, is for the same purpose.

Of the Cardones.

His medicinall vertue.

BEcause you should see the straungenesse of this Hearbe whiche bee the *Cardones* of the greatenesse of a Torche of eight squares, and wreathed like vnto it, they brought them to mee, it hath a Medicinall vertue, that beyng newly beaten in a Morter and put into Soares, it doth heale and sodar theym forthwith. And well nere I my selfe had neede of it, for this effect: for that one of the Thornes that it hath, did pricke me, thei are strong as Nedles which did hurte mee, it seemeth to be a straunge hearbe.

Of an hearbe for suche as are broken.

Thei

THey sent mée a little of an hearbe, and by reason it was so drie it came small broken into peeces, that the figure of it coulde not be seen, the whiche they wrote that it is maruelous for theym that are broken, whether thei are chil dren or men that haue that kinde of griefe, and in those partes thei haue it for a sure thyng, and it is vsed of one Indian, by puttyng this hearbe greene, vppon that whiche is broken, being menne or Children. And he maketh thereupon a certaine bindyng verie straunge, with out neede of any maner of Briche, made for the purpose, they may goe so faste and so swifte being bounde therewith, as though they had a peare of Briches, as one tolde me that had been healed of of the like desease, with the hearbe, and with the maner of binding. I haue vnderstoode if the maner of binding be as good as this man speaketh of, that it is sufficient to heale without the Hearbe, or any thing elles, by reason that I sawe a man of *Cordona* whiche did heale all persones that were broken with onely the binding that hee made, vnto them, with out puttyng to them any maner of Briche. And this is certaine, that there bee some here that were healed and cured by hym.

Of the Veruaine.

THat Gentleman doth write mée from the *Peru* that in the Riuers of the Mountaines of that countrie nere vnto them there groweth a greate quantitie of *Veruaine*, like vnto that of Spaine, the whiche the Indians doe prosite themselues in their cures, for many infirmies, and in *His vertues.*

especially againste all kinde of poyson, and for suche as saie that there hath been geuen to them a morsell, or the like thing.

Historie. I spake here with a Ladie whiche came from the *Peru*, and she did certifie me that she hauyng bẽn many yeres sick and beeyng cured with many Phisitions, wente to an Indian, that was knowen to bee a man that knewe muche of hearbes, with whom the Indians did cure them selues, and that he gaue here to drinke a Joyce clarified of *Veruaine*, that she her selfe made, and within a fewe daies that she had taken it, she cast out from her a worme, she saide that it was a hearie Snake, of more then twoo spannes long, and verie great, and he had his taile parted, and after she had cast hym out from her, she was well, and whole, and she counselled a gentleman whiche was in the *Peru*, that was continually sicke to take it, and he toke it in the mornyng with Sugar, for so she had taken it, because of the bitternes that it hath, and he cast out a greate number of long and small wormes, and one like to a white long girdell, and since that tyme he hath very wel his health. And this she had counselled other persones whiche were sicke so to doe, that had suspicion to haue wormes, and with the vse of the saied ioyce they caste from them many, and they were healed. And it was so certainly, and she shewed to me a seruaunte of hers, and it was saied according to the greeuosnes of a desease, whiche hee had, that there was giuen vnto him certaine thinges of witchcraft, and with the ioyce of the *veruaine* that he tooke, he cast by vomite many thinges out of his stomacke, of diuers coulours, and it was said that it was that wherewith he was bewitched, and being cast forth, he remained whole, and in that whiche doeth touche witchcrafte I will speake what I haue seen.

Wormes.

Witchcraft.

Notable historie. I sawe a seruaunt of Jhon *de Quintana Duenas*, beyng *Aburgales*, that did caste out at his mouth in my presence a great bundell of heare, of a browne couloir, very small, and

he

he had in a Papar moze then two times as muche, which he had cast vp two howers before, and he remained as though he had cast vp nothing at all, moze then the alteration that he had to see, that he had cast them.

Jhon Langius an Almaine Phisition, and verye well learned, doth saie that he sawe a woman that did complaine muche of paine in her stomacke, did caste out many peeces of Glasse, and peces of earther Platters, and of fishe bones where with she remained whole. *Jhon Langius historie.*

An other case like vnto this *Beneuenius* doeth speake of in that of *morbis mirandis*, but that as J doe moste marueill at, was that a labouryng man as he did suffer great paines of his bellie, and that no Medicine did profite hym, hee did cut his owne Throate with a knife, and after that hee was dead, they did open hym and found in his belly greate quantitie of heare, whiche hee that J haue spoken of did vomite the like, with many other peeces of Yron. These thinges J doe attribute to the workes of the Deuill, for that they can not be reduced to naturall workes, the veruaine is like that of Spaine, and all the yere it is greene. *Beneuenius Historie.*

Of the Mastuerco.

I Haue an herbe brought from the *Peru*, which they call *Mastuerco*, it is a little hearbe, and doth cary certaine small leaues being round, whiche beeyng beaten in a Morter, and the Joyce of it put into any maner of wounde, it doeth refreshe, comforte and heale, curing it forwith, and the vse of it is not moze nor lesse then the vse of the *Tabaco*, in woundes whiche bee freshely hurte, washing them with the Joyce, and putting the beaten leaues to it, and beeing tasted it seemeth that it is notable hot. *His vertues.*

Of the small vvilde Lettise:

Likewise

LIkewise thei brought mée from the same partes an other Hearbe, whiche they call wilde Lettise, his leaues be like to Lettise, his coulour is a sadde greene, he hath vertue to take awaie the Toothe ache, takyng the seethyng whiche is made of the leaues, and holdyng it in the parte where the griefe is, and putting a little of the Joyce in the Tooth, whiche is greeued, it taketh awaie the paynes, and the leaues which are stamped, after the Joyce is taken out, must be put vpon it, and being tasted it is most bitter, it seemeth to be hot in more then in the first degree.

It doeth take awaie toth-ache.

Of the licour which is called Ambia.

IN a greate Caue they sente mee a Licour whiche doeth spring out of a Fountaine that is neere to the Sea side, it is of the coulour of Honie, and as thinne, the smell is like the *Tacamahaca*, they saie and also they write, that it hath greate Medicinall vertues, chiefly in the healyng of oulde deseases, and that whiche commeth of colde causes. It doeth take awaie the paines of any parte of the bodie, proceading of colde or of windinesse. It taketh awaie the colde in what parte soeuer it be, it doth comforte and dissolue any maner of swellyng, and it doth all the effectes that the *Tacamahaca* and the *Caranna* doeth, and so they vse it in those partes, in places of them; you maie not touche or handle it with youre handes, vnlesse you haue them wette, and wheresoeuer it be put, it doth holde faste, that it can not not be taken awaie, vnlesse it be wasted with long tyme. They sent mee this little for a shewe, because they doe esteeme it greatly, and so they sent it as a thing verie precious, it seemeth to mee hotte in the thirde degree with notable clammines.

His medicinall vertues

Of the Tree that doth shewe if one shall liue or die:

IN the yere of 1562. When the Earle of *Nieba* was in the *Peru*, he had there a gentlewoman whiche was maried that serued hym, and her housbande waxed sicke of a greuous desease, and an Indian of greate reputation seeyng her to be in much sorrowe: saied to her, if she would knowe whether her housband would liue or die of that desease, that he would sende her a Bowe of an hearbe, that she should take it in her lefte hande, and that she shoulde holde him faste, for a good while, and if he shoulde liue, that then she should showe muche gladnesse, with holdyng the Bowe in her hande, and if he should die: that then she should showe muche sadnesse. And the Indian sent her the Bowe, and she did as he had willed her to doe: and the bowe being put into her hande, she tooke so muche sadnesse and sorrowe, that she put it a waie from her, thinking that she shoulde haue died, and so he died within a fewe daies, I was desirous to knowe if that it were soe, and a gentleman of the *Peru* that had been there many yeares, did certifie and saied vnto mee that it was of trueth, that the Indians did this with their sicke people, it hath put mee in admiration, and in muche consideration.

Of the Granadillia.

FRom the firme lande they brought mee certaine Fruites whiche are Hearbes that they call in the Hilles of the *Peru* where they grow *Granadillias*, and this name the Spaniardes did put to them, for the likenesse and fashion that they haue to our *Granadas*, whiche wee call *The description of the Granadillias*

Poundgarnardes, for that they are well nere of the same greatnes & couler when thei are ripe, sauing that thei haue not a little crowne, and now thei are drie thei seeme within that the Seede is like to the graines of Peares, sumwhat greater, all full of little graines, very faire, and sheweth verie well, thei are white within, and without any sauor. The Plant that this fruite beareth is like to Iuy, and so it runneth vp and glingeth faste to any thing that is neere to it, whereseoeuer it be set, it is faire when it hath fruite, for his greatnesse it is a perticular Hearbe, and onely in one place it is founde, it casteth a flower like to a white Rose, and in the leaues he hath figures whiche are thynges of the Passion of our lorde, that it semed as though they were painted with muche care, whereby the flower is more perticulare then any other that hath been seen. The fruite is the little graines, whiche wee haue spoken of, and when they are in season they be full of Licour, sumwhat sharpe, and all full of seede, whiche are opened as one doth open an Egge, and the Licour is to bee supped vp with greate contentment of the Indians, and of the Spaniardes. And when they haue supped it vp, many doe not feele paines in their stomakes, rather they soften the Belly, they seeme to be temperate, with some moysture.

How it is a plant.

It is a marueilous flower.

¶ Of the Hearbe of the Sunne.

The description of the flower.

THis is a notable hearbe, and although that now they sent mee the seede of it, yet some yeres past wee haue had it here, it is a straunge flower, for it casteth out the greatest flowers, and the moste perticulars that euer hath been seen, for it is greater then a greate Platter or Dishe, the whiche hath diuers coulers. It is needefull that it leane to some thyng, where it groweth, or elles it will bee alwaies falling: The seede of it is like to the seedes of a Mellon, sumwhat greater, his flower doth

doth tourne it selfe continually towardes the Sunne, and for this they call it of his name, the whiche many other flowers and hearbes do the like, it showeth marueilous faire in Gardines.

Of a gumme that is taken out vnder the grounde.

IN the *Collao* beyng a countrie of *Peru*, there is a Prouince whiche doeth not beare any Tree or Plante, for because the grounde is full of Gummes, and of this grounde the Indians doeth take out a licour, that doeth serue theim to heale many diseases, and to take it out thei vse it in this forme.

How this licour is taken out.

Thei doe make of the yearth certaine Sesternes very greate, and thei put them vpon timber, or canes, and vnder neath thei putte a thyng, that maie take the licour, whiche commeth out of them, and thei putte them into the Sunne, and with the heate and strength of it, the gumme is melted or the licour whiche the yearth hath, and the Sesternes doeth remaine without any licour, the whiche doeth profite to make fire of the, for in that place there are no trees, nor any other thyng to make fire: and it is an euill light, for it doe caste out a blacke smoke, and an horrible smell, and for all this, seeyng thei haue no other thyng to make fire of, thei passe with it.

His vertues.

The licour whiche doeth come forthe of it, doeth profite for many deseases, and especially when it doeth depende of colde, or colde causes, it taketh awaie any greefe of the saied cause, and all swellynges whiche doeth come of it: thei heale with it woundes, and all the euilles whiche the *Carana* doeth heale, and the *Tacamahaca*. That whiche

thei sente me is of a redde coullour, somewhat darke, and it hath a good smell.

¶ Of the Bezaar stones of the Peru.

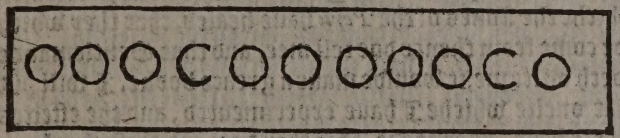
ALthough that in the seconde part I did treate of the *Bezaar* stones, that hath been founde in the Mountaines of the *Peru*, for that thei haue been sent me by the firste discouerer of theim, the beste of as many whiche from those partes hath come, I would saie in this thirde parte some thyng of theim, whiche he sente me for knowe-ledge, saiyng: for because I wrote of them thei had knowe-ledge of them, and the booke whic he I wrote of them, was the guide to finde and discouer them, as we haue saied, and he doe shewe it by his letter, whiche we putte in the second parte.

Those whiche he sent me, dooeth proue to bee verie ex-cellent in their coulle, makyng, and greatnesse, the whiche I haue broken some of theim, and finde theim as excellente as thoseof the Easte India: and so thei doe ende, in pouder or in one little graine as thei doe, and in coullour well nere the same: truthe it is, that those whiche haue this qualitie and goodnesse, and haue all the qualities that the *Bezaar* stone ought to haue whiche are fine: should bee those that are taken out of the beastes, that are fedde in the Moun-taines, for those whiche are taken out of theim that are bredde in the plaine gronndes, thei are not so good, nor haue any Medicinall vertues, because the beastes are not maintained of these healthfull hearbes, where these stones are ingendered, for as thei bee beastes and dooe chewe that whiche thei doe feede of the iuice, that dooeth procede of the Hearbes, the stones are engendered: Whiche that gentle man gaue well to vnderstand, who was the firste discouerer

of

of them, who did see how thei stoode, and were bredde within the beaste, and with his owne handes he made Anothomie of hym, and he writeth me that the *Bezaar* stones are growyng in those beastes, after the maner of a garde made of flesshe, of the length of twoo paumes, little more or lesse, and of three fingers breadth, whiche is ioyned nere vnto the Mawe of the inner parte, and in the garde the stones are putte in, one after an other, like vnto button holes, in a coate in this forme.

Where these stones doos growe.



How thei are put.

And thei doe open that garde of flesshe beyng closed, and dooe take out the stones, that surely it is a marueilous thyng, that Nature hath created there, for our healthe and remeadie of our euilles. And as I haue vnderstoode that these whiche are brought from the Easte India, be founde after the same maner, I doe speake the truth, for thei bryng so many whiche are falle, that emongest one hundred there are not to be founde tenne that are true, and their writers of the Easte India doe confesse it, that there bee made many whiche are falle.

The people of the Easte India doe take theim out also of a certaine kinde of Goates, that bee for the moste parte redde as ours bee, thei are the beste stones taken out of the cattell, whiche goeth in the Mountaines of *Persia*: and like wise thei doe take them out of other Goates, that goeth in the plaine Countries of *Malaca*, and these are not had in suche estimation, nor thei haue the goodnesse nor the vertues that thei of *Persia* haue, because those Goates of *Malaca* doe serue for cattell to bee eaten, and thei be not maintained of healthfull Herbes of the mountaines, as thei that

Thei of the Orientall Jndias.

goeth in theim are, the like is in our Occidentall Indias, for those whiche are brought vp in the Mountaines of the *Pera*, thei haue the stones fine and true, and haue the marueilous Medicinall vertues, for thei that are in the plaine grounde, are like to these of *Malaca*, that goeth in flockes as cattell doeth, whiche serueth for the Butcherie, and of these thei dooe take out many stones, but thei are without profite, because thei are not maintained of the healthfull hearbes of the Mountaines, as we haue saied.

Note.

If I would put here the greate effectes and the deseases whiche the stones of the *Pera* haue healed, that they which doe come from thence doe tell mee, and that Gentlemanne doeth write me, it woulde make a greate booke. I will put that onelie whiche I haue experimented, and the effectes that I haue vnderstoode, that they doe, and these that haue past by my handes, whereby all credite maie be geuen vnto it, and as a thing certaine, seeyng that there is experience of it, with all assurayncе and truste, it may be vsed.

The medicinall vertues whiche it hath.

Our Occidentall *Bezaar* stones haue greate vertues, principallye they doe remedie manye persones, whiche bee sicke of the Harte. For the whiche I haue geuen greate quantitie of theim, that haue beene brought mee, and they haue made marueilous effectes, so muche that to many persones whiche did suffer soundynges by takyng it awaye from them, they were deliuered from death, it must bee geuen when they doe sounde, and before it come, taking it in the moornyng fastyng, with Rose Water, if the partie haue greate heate: if not, then with the water of the flowers of Orringes, the quantity of foure graines euery tyme, made in Pouder, in all kinde of Uenom, it is the moste principall remedie that we knowe nowe, and that whiche hath doone best effect, in many that haue been poysoned, whiche haue taken it as well by Uenome taken at the mouthe: as by bitinges of venomos wormes, whiche are full of poyson. It doth truely a marueilous and a manifest worke, vnto them

For sourdinges.

In all kind of venom.

that

that haue dronke water standyng in a stinkyng lake, beyng infected with beastes or varmentes whiche are full of poyson, and beyng swollen imediatly after that thei had dronke it: by takyng of this stone twoo or three tymes, they were remedied, as I haue seen them after this did happe, whole and well. *They that haue dronke euill waters.*

In Pestilente Feuers I haue geuen it manie tymes, and surely it doth extinguishe and kil the malice of them, which is the principall thing that the Phisitions shoulde procure in the like deseases, and although hee doeth take awaie the cause, and doeth withdrawe the putrefaction, and if hee doe not extinguish and take awaie the malice, the cure is neuer at an ende. For that is it whiche killeth, and doth the principall hurte, and where there is certain spottes in the body like to Flæ bitynges, whiche doe appere in the like feuers the *Bezaar* stone of our Indias doeth make marueilous effectes. Of those whiche thei haue brought me, I haue spent the most parte, geuing thē in the like deseases, and surely it hath remedied many with marueilous successe, and in that whiche some of them haue been spente by me, hath been in soundinges, and surely I haue seen in these stones the effectes so great, that it semeth a thing of wōder. And especially I haue seen these causes more remedied in women then in men, it is a marueilous thing to be taken, and it hath doen manifest effectes where there is a Melancholie humor, it doth repaire him muche, and it doth in him and in all thinges whiche doe resulte of him, a greate woorke, bee it vniuersall or perticular, in the head or that as they call *Mirarchia*, and also in them that haue leprosie: of the *Arabiens* or *Elephanciacis*, of the Grækes, it doeth profite muche in Scabbes, in Itchings, in Scuruinesse, and in all partes of the bodie, that is infected, it maketh a verie good woorke, and doeth remedie these euilles manifestly. For that this stone hath propertie to heale them, I haue geuen it in quarterne Agewes, and although it taketh not awaie the quarterne: *In Pestilent Feuers.* *Note.* *In Melancholy humors.* *In Leprosie and all infection of the bodie.*

In quarterne Agewes.

terne: it taketh awaie the accidentes of it, the faintnesse and sadnesse, and the griefe of the harte, whiche in these Feuers are common. Surely they doe feele with the vse of it notable profite, in all large and importunate deseases, I do geue it, and they finde profite in it, chiefly in those whiche haue feare, of anie malice of desease, or windinesse, whatsoeuer it be. For I haue seen, that in this it hath a greate propertie, and of this it commeth, that it is good to caste in to Pourges, some graines of it, that if the Pourge doe carry venomos medicines, it maie rectifie them, and amend them, and if not it geueth force, and strength to the hart, and they woorke the better. In the orientall Indias they haue a custome to pourge themselues twoo times euerie yeare, and especiallie the Noble People of estimation, and after they haue pourged themselues, they take euery morning fasting foure graines of the *Bezaar* stone, with Rose water, or with water made for the purpose, and they saie that this doeth conserue the youth, and doth strengthen the Members, and doth preserue them from deseases, and it is a good vse for it can not let, but to doe them muche good. For Wormes thei geue this Stone with moste happie succesle, and surely I haue geuen it to many people, and especiallie to Children, and Boyes, that are tormented with this euill, and I haue seene suche woorkes as are not to bee beleued, if they were not seen. I doe geue it by it self, and I doe geue it mingled with this pouder, in this forme.

In large cuellos.

A custome of the Orientall Indians.

Pouders to be merueiled at for the wormes, & allkinde of theim.

I dooe take Hearbe *Lumbrigera* the waighte of twelue pence, the Seede of *Santonico* the waight af sixe pence, the Horne of a Harte burned, and the Séede of *Verdolagas* and *Carlina*, of euerie one the waight of three pence, and the *Bezaar* Stone of the *Peru*, the waight of three pence: of these thinges let there be small Pouder made, and let them bee well mingled. These Pouders are marueilous and of greate effecte, for to expell Wormes, and very muche experimented in manye people, and they haue doen in this case

greate

great effectes, and they muste bee giuen in the morning fasting, as to the Phisition shall seeme good, according to the age of him that shall take them, using of some Medicine of Milke, and Sugar twoo houres after thei be taken, and vnto children beyng sicke of it, we doe geue this stone mingeled with Milke, and without it, if they dooe sucke, and it doth a marueilous woorke, and to them that be in yeres, by it selfe, or mingled with other thynges appropiated for the desease. In conclusion wee doe geue this stone in all large deseases, and importunate, where the ordinarie medicines haue not profited, in the whiche it doth manifest profite, and if it do no profite, it can doe no hurte.

Of the Figge Trees of the Peru.

FIgge Trees beeyng caried from Spaine to the *Peru*, they haue increased so well in that Countrie, that there is greate quantitye of them, and they doe cary many and verie good Figges, of all sortes, and you shal vnderstand that in that countrie there are certaine kinde of Uarmen, whiche are called Spiders, and where soeuer they be, they doe spinne, and make Nettes as they of Spaine doe, these kinde of Uarmen bee greate, and come to bee as greate as Oringes, and they are so full of poyson that with one stinging they kill, vnlesse there be put greate remedie. And if he be long time without remedie, and that the Poyson goe vp to the Harte, there is nothing that can be doen that will benifite, but he must die without remedie. and for this there is founde a remedie in the Figge Trees, whiche is a marueilous thing, that as soone as the Indians or the Spaniardes doe feele themselues bitten of this euill Spider, they goe to the Figge trees, and they put to it the Milke which doth come forth of the Leaues of them, two or three tymes in the place, that is bitten, and this doeth so greate effecte, *Spiders.*

that it dooeth remedie it whiche is so Poysoned, with the venom that the Carmen did caste into the soze, and the accidentes be remitted that they doe suffer, of greate griefes and soundinges, remaining onely foz to heale the place bitten, and as it is little it healeth soozthwith, although they pzocure to keepe him open of a long tyme. And Gods will is, that at all times this remedie lacke not, foz the Figge Trees neuer loose their leaues, in all the yere they are alwaies greene.

Of the Coca.

The description of the Coca.

I Was desirous to see that hearbe so celebzated of the Indians, so many yeres past, whiche they doe call the *Coca*, whiche they doe sow and till with muche care, and diligence, foz because they doe vse it foz their pleasures, which we will speake of. The *Coca* is an hearbe of the height of a yerd, little moze oz lesse, he carrieth his Leaues like to *Arraihan*, somewhat greater, and in that Leafe there is marked an other Leafe of the like fozme, with a line very thinne, they are softe, and of coulour a light greene, they carrie the seede in clusters, and it commeth to be so redde when it is ripe, as the seede of *Arraihan*, when it is ripe. And it is of the same greatnesse, when the hearbe is seasoned, that it is to be gathered, it is knowen in the seede, that it is ripe and of some rednes like to a blacke kithe coulour, and the hearbe beyng gathered, they put them into Canes and other thinges, that they may dzie, that it maie be keapte and caried to other pzrtes. Foz that they carrie them from some high Mountaines, to others, as Marchaundise to be soulde, and they barter and chaunge them foz Mantelles, and Tattell, and Salte, and other

other thinges whiche doe runne like to money amongest vs, they doe put the seede into *Almaciga*, and from that thei do take them vp and set them in an other place, into Earth that is wel laboured or tilled, and made as it is conuenient for to put them, by their lines and order, as we doe put here a Garden of Beanes, or of Pease.

The vse of it amongest the Indians is a thing generall, for many thinges, for when they doe trauaill by the waie, for neede and for their content when they are in their houses, thei vse it in this forme. Thei take Cokles or Oisters, in their shelles, and they doe burne them and grinde them, and after they are burned they remaine like Lyme, verie small grounde, and they take of the Leues of the *Coca*, and they chawe them in their Mouthes, and as they goe chawyng, they goe mingling with it of that pouder made of the shelles in suche sorte, that they make it like to a Paste, taking lesse of the Pouder then of the Hearbe, and of this Paste they make certaine small Bawles rounde, and they put them to drie, and when they will vse of them, they take a little Ball in their mouthe, and they chawe hym: passing hym from one parte to an other, procuring to conserue him all that they can, and that beyng doen, they doe retourne to take an other, and so they goe, vsing of it all the tyme that they haue neede, whiche is when they trauaill by the waie, and especially if it be by waies where is no meate, or lacke of water. For the vse of these little Bawles dooe take the hunger and thurste from them, and they say that they dooe receiue substaunce, as though that they did eate. At other times thei vse of them for their pleasure, although that they labour not by the waie, and thei do vse the same *Coca* alone, chawing it and bringing it in their mouthes, from one side to another, vntill there be no vertue remainyng in it, and then they take an other. *The vse of it.*

When thei will make them selues dronke, and bee out of iudgemente, thei mingle with the *Coca* the leaues of the *Note.*

Tabaco, and thei doe chewe them all together, and thei goe as thei were out of their wittes, like as if thei were dronke whiche is a thyng that dooeth geue them greate contentment to bee in that sorte. Surely it is a thyng of greate consideration, to see how the Indians are so desirous to bee depriued of their wittes, and to bee without vnderstandyng, seyng that thei doe this of the *Coca* with the *Tabaco*, and thei vse of the *Tabaco*, for that thei would bee without vnderstandyng, and to haue their wittes taken from them, as we saied in the seconde parte, when wee did treate of the *Tabaco*.

Of the diuers coullours of the grounde.

IT is a marueilous thing, and wel to be loked vpon, the diuers coullers of the grouldes which are in the fieldes, in the countries of the *Peru*: for that lokyng a farre of you shall see many partes of groundes of diuers coullours, that seemeth to bee clothes of coullours putte to drie in the Sunne: for that you shall see one parte of the grounde Greene, and an other Blewe, and forthe with an other Yeallowe, and White, and Blacke, and Redde, and so of other coulours, all the whiche are Mineris of diuers Earthes, of the Blacke I can say that thei sent mee a little that there with I might make Inke, the whiche being cast in to Water or Wine is made there of verie good Inke, wherewith one may write verie well, and it is sumwhat Blewe, whiche doth make it of a better showe.

The redde grounde hath beene a thing of greate riches whiche hath beene taken out of it, for it is a Minery moste excellent, of the whiche is made quicke Siluer, and there is taken out so muche quantitie of it, that there is caried to the newe Spaine, Shippes laden of it, whiche is a riches

Quick siluer

so

so greate, that it is not knowen vnto the Indians, it doeth serue them for no more then to mingle it with certaine Gummes, for to paint themselues withall, the whiche they doe vse when they go to their warres, for to show themselues gallant, and fearce. Euerie daie they doe discouer in those Countries greate Mineries af Mettalles, and of those thinges, for that they haue founde out a Mountaine of Oker, and a Mine of Allom and an other of Brimstone and many other thynges whiche thei goe discoueryng of.

¶ Of the Casany.

I Haue caused that they shoulde bryng mee from *Sancto Domingo* a Leafe of that Plant whiche they doe make the *Casani*, and they brought it mee. The *Casani* is the bread, the whiche the Indians so manie multitudes of peres that therwith they haue maintained themselues, and doe maintaine, and likewise many Spaniardes, it is made of an Hearbe that the Indians doe call *Yuca*, whiche is of fiue or sixe Paumes of height, it earieth certaine Leaues open, spreade abroade like to the fingers of the hande, and euery one doeth carye seuen or eight pointes, they are alwaies greene, they are set in a grounde wel tilled, of pæces cut of the same plante, the fruit is after the maner of grosse Turnepes, they are of coulour Tawnie without, onelie in the bodie, for within they are white, and they pare them for to vse of them, and of this fruite they make Bread in this forme.

Casaria is bread in the Indias.

The descripsion of the hearbe and the fruite.

Thei doe make it cleane from the Rinde, and thei doe Grate it in certaine Graters, whiche are made of Nedles, and beyng so grated thei putte it into a sliue of Palme, and vpon it thei put thynges of waight, whiche are greate stones, that doeth make the iuice runne out of it, and beeyng well pressed, it doeth remaine as Almondes beaten: thei

How they do make bread of the fruite.

doe cast this into a plaine fryng panne of yearth, that thei haue put to the fire, and there thei knede it, and doe make it like to a little cake of Egges, tournyng it from one side to an other, and after it is well kneeded, it remaineth made a cake, of the thicknesse of a peece of siluer of fower shillynges, little more, whiche thei putte in the Sunne, that it maie drie, and of this cakes thei vse for breade, whiche is of muche substaunce: and these cakes be long tyme without corruptyng, and thei bryng them in the Shippes whiche commeth from those partes, and thei come into Spaine without beyng corrupted, and it serueth for Bisket to all the people: It eateth as a thyng sharpe, and so it serueth, castyng it to soken in water, or in brothe, or in Pottage, for after this maner thei doe serue them selues better with it, then for to eate it drie, it is needefull to haue a vessell with water, for to soken it.

Note the marueiles of the Ioyce.

It is a marueilous thyng of the Iuice whiche commeth out of this fruite, whiche is spoken of, that if any manne or beaste doe drinke it, or any parte of it, incontinent he dieth, as with the moste strong venome that is in the worlde: but if this Iuice dooe seeth, and doe consume the one halfe, and so dooe putte it to coole, it serueth for very good Vineger, and it is vsed as if it were made of wine, and if you seeth it vntill it bee throughly pourged and thicke, it serueth for Honie, and it is made sweete: you maie see how muche the seethyng doeth in these thynges, seeyng that of mortall venome, it maketh meate and healthfull drinke. And I will saie an other thyng whiche dooeth put admiration: that all this kinde of corne, whiche doeth growe in the firme lande whiche is like to that of *Sancto Domingo*, the whiche thei doe call *Cacani* is healthfull, and the fruite thereof is eaten and the water that commeth of it is dronke, without hauyng any venemous vertue, and that of *Sancto Domingo*, how so euer it bee eaten, and his Iuice vnlesse it bee sodden it killeth. And that the disposition of the place is so greate

a cause

a cause, that whiche is healthfull and allowable sustenaūce in the Firme lande, the same is mortall venome in all the Ilandes: as *Columela* doeth saie of the Peache, that it was venime moste mischeuous, whiche in *Persia* did kill, and brought it into Italie it loste that malice and office that it had to kill, and dooeth geue vnto vs healthe and sweete Juice. *Columela.*

How so euer it bee, hauyng in the Indias so muche Maies, and so common in all partes of it, I would not eate *Casaui*, seyng that the Maies is of so muche substaunce as our Wheate, and in no parte it hath neither venome, nor poyson, rather it is healthfull, and dooe make a good stomacke: there is breade made of it, as of the *Casaui*, for thei grinde it, and with water thei knede it, and in a Fryng panne of pearth thei bake certain cakes, whiche thei make of it, and it muste bee eaten freshe, as sone as it is made: for beeyng drie, it is sharpe and troublesome to swallowe doune, and doeth offende the teeth. *Mayis.* *Bread of Mayis.*

The *Batatas*, whiche is a common fruite in those countries, I dooe take them for a victaill of muche substaunce, and that thei are in the middest betweene flesh and fruite, truthe it is that thei bee windie, but that is taken from thē by rostyng of them, cheefly if thei bee put into wine beyng fine: there is made of them conserua very excellente, as of Marmolade, and small mosselles, and thei make potages and brothes, and cakes of them verie excellente: thei are subiecte to bee made vpon them any maner of conserua, and any maner of meate: there be so many in Spaine, that thei bryng from *Velez Malaga* euery peare to Seuill, tenne or twelue Caruelles laden with them: Thei bee sowen of the same plantes that are sette, the smallest of theim, or peeces of the greatest in the pearth that is wel tilled, and thei growe very well, and in eight monethes the rootes are verie grose, that you maie eate of them: Thei bee temperate, and rosted, or otherwise dreste, thei dooe soften the beallie, *Batatas.*

and

and beeyng rawe, thei are not good to bee eaten, because thei are windie, and harde of disgestion.

Of the Canes whiche are good for the shortnesse of breathe.

They doe bryng from the newe Spaine greate Canes, of a Cane that is couered within and without with a certain Gumme, and to me it semeth that it is mingled with the Juice of *Tabaco*, and it is heauie, it semeth that the Cane is annoynted, and as a thyng that clingeth faste, it is clunge well to the saied Cane, and it hath a blacke conllour, and beyng harde it clingeth not, thei dooe kindell the Cane by that parte whiche the Gumme is put, and the other parte of it thei putte in the mouthe, and thei doe receiue that smoke, and with this thei doe cast out from theim all Flegme and rottennesse, that is in the breaste, and this thei doe when thei doe finde them selues greeued with the shortnesse of winde, that thei bee all ready to choke, I haue seen it doen by a gentleman, whiche is muche pained with it many tymes, and doeth feele with it greate profite: and did it first with the *Tabaco*, takyng the smoke of it, and it did to hym the like benefite, and for this cause I saie, that it seemeth, that it carrieth with it the Juice of the *Tabaco*, mingled with the one and with the other, it is doen withall assuraunce, for that wee doe see it with manifest assuraunce in many.

For faintnes or shortnes of breath.

Some beeyng sicke of the shortenesse of breathe, that commeth from the Indias, with it I haue seen theim expell, and caste out this rottennesse, thei take a little *Tabaco* greene, and thei chewe the Juice of it, and although it bee lothsome, it doeth theim muche good to expell the rottennesse and Fleumes, whiche are retained within the brestes,

ſſes, and thei bee lightned with it notable: it is a marueilous thyng, the greate vertues, and ſonderie and diuers effectes that thei goe diſcouerynge of the *Tabaco*, for beſides that whiche I haue written of it in the ſecond parte, of his marueilous vertues, I would make an other of that as I haue vnderſtoode, and ſeen ſince that tyme.

¶ Of the Carlo Sancto.

IN the ſeconde parte wee did treate of the vertues of a Roote, that then thei had brought from the newe Spaine, that thei call *Carlo Sancto*, now in theſe Shippes thei bryng it with greate veneration and eſtimation, and the roote is called *Indica*, and thei bryng written ſo many vertues of it more then they are wont to ſay of the Roſemarie, of thoſe that haue bẽn experimented, and haue bene ſeen ſince that I wrote of it, I will ſpeake of this rote beyng made pouder, geuen to women that newly brought foorthe Children, that for euill keeppng they take greate colde and bee benumde, it doeth profite muche to prouoke them to ſweate, and they doe remaine cleare, it doth profite muche geuen with wine or water, of the flowers of Orringes vnto them, that haue a harde Labowre, there was a Frier whiche had paines of the Stomacke, and hee had no taſte of his Meate, but had an euill breathing, and much windineſſe, and all did proceede of colde that he had, and little naturall heate. He did ſeeth of theſe Rootes in water at his diſcretion as the water of the *Sarcaparilla* is ſodden, and ſo hee dranke it continually, at dinner and ſupper for long time, and it did ſo well with him, that hee amended his ſtomacke, and did increaſe vnto him the heate of it, whereby he did digeſt, & conſume his meate very well, and tooke frõ hym his euill breathe, and conſumed the windes, and in ta-

The vertues that it hath.

Hiſtoria.

For them that be broken.

kyng of this water there followed a remedie not thought of, whiche was that hee was broken many peres, and did carie continually with hym a Bziche made foz the purpose. And he tooke it not from hym in a long tyme, and haupng vsed the water twoo Monthes, he founde himselfe whole and well, and so he is now well without feelyng any thyng of it.

For the Teeth.

Note.

In the seethyng of this roote, washing your mouth therwith, it doeth strengthen the Goumes, it doeth keepe the Teeth from Wozme eatyng, and if you haue anie Teeth wozme eaten, it suffereth them not to pzoceede fozwarde. I haue experimented many peres, to cause the Mouthe to be washed continually with the equall partes of Vinegar of Swilles, and Water of the small heddes of Roses, that surely if it be vsed to washe the Teeth and Goumes with it continually, it pzeserueth them from eatyng of Wozmes, and if there bee anie it passeth not fozwarde, the whiche I haue experimented and vsed in many foz many peres.

¶ Of the Stone for the Mother.

How it is a stone.

They doe bzing from the newe Spaine a stone that they doe say it doth pzofite muche foz the euill of the Mother, it is a blacke Stone and verie smothe and waighty, foz the most parte they are long and rounde, it is a greate thing that they doe saie that this stone doeth, foz that a Ladie of greate countenaunce and credite, did certifie mee that she put hym to her Nauill, and he clung faste to it, and that she hath founde with him manifest pzofite, and so doe others say that haue vsed him in the like sozte. When they doe feele the paines they bee well neere choked with it, and in puttyng the stone, it taketh it awaie immediatly, and if they haue it continually put, it neuer commeth vnto them, the credite that I geue to the thinges is the experience that is knowen of it.

¶ Of

¶ Of the Canafistola in conserua.

I Was desirous to see the Leasse of the Tree, that the *Canafistola* doth beare, and the flower whiche it doeth caste out, seeyng that here wee haue the fruit so knowen, and so they brought mee the Leafe, and the flower drie, the leafe is like to the leafe of a Peare Tree, the flower is verie little, and whit, of fiue leaues, and although it be dry it hath some good smell. Of these flowers dooeth come foorthe those greate Canes of the *Canafistola*, so knowen of all people in the worlde. And there is caried from this our Citie manie Shippes laden of it, before it came from the Indias, the *Canafistola* was brought from Egipte, to Alexandria, and from thence to Uenis, and from thence it was reparted for all places, and nowe thei bring it from *Sancto Domingo*, and from Sainct Jhon *de Puerto Rico*, to this Citie, and from thence it is reparted through all the worlde. For that of our Indias is taken to bee better, and of better woorke then that of *Leuante*, of that little flower so littell, there is produced those Canes of *Canafistola*, that some of them haue foure paumes of length, from the tyme that thei spring out and haue the greatnesse that they shoulde haue, they are alwaies greene, and in taste of muche sharpenesse, as the Berries called *Algarrouas* be when they are greene, after they are growne as greate as they will be, they waxe ripe, and then they are redde, and they come to bee blacke, and the more blacke they bee, the fuller of Honie they are, and more ripe. And the Canes that are not verie blacke but sumwhat like to redde are not ripe, in suche sorte that the moste blacke and the smothest and the waightiest are the beste, of the flower, as we haue saied there is made Conserua in twoo sortes, the one beaten with Sugar like Sugar of Roses, and the other made of the whole flower sodden in Sugar, the one and the other is verie good Conserua, ta-

The Leafe of the Flower of the Canafistola.

Conserua of the flower.

ken from twoo to three Ounces of it, it pourgeth well and easilie, and euen as it is good to take, it is good to woorke, for that I haue pourged many people with it, and it doeth a verie good woorke, and pourgeth without paines. One thing they doe euill in those partes, and is that they neuer bryng theym hether made with good Sugar, if they did come so they would be the better, and of better taste. They be pourges for delicate people, they doe euacuate the same humor that the *Canafistola* doth. Of the Canes of the small *Canafistola* there is made an other Conserua verie good, whiche is an excellent pourge, and delicate: for that they take the small canes, whiche are growyng of a small tyme, and they seeth theim in Sugar, and with the seething and Sugar, there is taken from them the sharpenesse and the dryneſſe which they haue, and they are made tender and soft, & of a verie good sauour, these being taken maketh a verie good woorke, and doth pourge without griefe or molestation, and without all accidentes and faintnesse that pourges are vsed to doe, for that they are full of good taste, at the taking of them, and light of woorking there is geuen of them from two ounces to three, I haue geuen them many times with verie good successe, and I haue taken them beeing sicke, and they did woorke verie well with mee. Of these Conseruas they did bryng hether euerie yere from *Sancto Domingo*, and *Puerto Rico* many Barrelles thereof, the *Canafistola* that is perfecte and ripe, is the mooste excellente medicine for to pourge with all, of as many as haue beene knowen to this daie, and that doeth his woorke best in that as it serueth for, and with most assuraunce, as it is notorious not onely to the Phisitions, but to all the worlde, and doth his woorke without the hurtes and accidentes which the other purgatiue Medicines are vsed to doe, and so it is a generall Medicine, and amongest theim that are blessed. The mooste blessed of all, whose vertues and properties wee doe treate of particularly, in the first parte, and that as we

Of the Canes in Conserua.

haue

haue saied, in this hath been to geue relation of the leaues, and flowers of it, whiche they haue now brought mee.

One thyng I would thei should bee aduertised, whiche doeth commaunde to geue *Cannafistola*, for to lighten and soften the beallie, and for that the common matters maie bee putte doune, is that thei should take it a small tyme before meate bee eaten, at the moste halfe an hower before, for the meate beyng mingeled iointly with it, it doth woorke with it, and in this order it doth a verie good woorke, and pourgeth very wel, and without paines: which is not doen with that whiche is taken any longe tyme before meate, as two or three howers before, as now many doth vse, for that the meate beyng dilated, it maketh an ende of his woorke, and as it is a thyng without strengthe and weake, it goeth all in vapours, the whiche it sheadeth it self abroade by all the bodie: and if it tarrie longe, it is conuerted into meate, and substaunce, whiche I haue seen by experience in many yeres, whiche I haue cured, that alwaies as I gaue it halfe an hower before Meate at the moste, it maketh a good woorke, and if it bee giuen many howers before meate, it pourgeth, and euacuateth little. To mingle Medicines, whiche doeth pourge with the meate, *Hyppocrates* dooeth treate of it in many partes, and *Galene* in his Commentaries: truthe it is, when we will that the *Cannafistula* should not euacuate, but that the vapours should bee spredde abroad by the raines, and all the bodie, wee doe geue it many howers before meate, and not woorkyng, it dooeth the effecte as wee haue saied. *Note.*

Of the Balsamo of Tolu.

They dooe newlie bryng nowe from the Firme lande, from a Prouince whiche is betweene *Cartagena*, and *Numbre de Dios*, that the Indians doeth call *Tolu* a Ballamo, or licour, that is the

beste thyng, and of greatest vertues, of as many as haue come from that partes. Thei gather it from certaine trées, whiche are after the maner of little *Pinos*, whiche doth cast out many bowes to all partes, he carrieth the leaffe like to *Algarroua*, all the yere it is greene, they are the best which doeth growe in a softe grounde well tilled.

How the Trees are where it is gathered.

How it is gathered.

This Balsamo the Indians doeth gather by waie of incision, giuyng certaine cuttes in the Rinde of this Tree, for it is thinne and softe, and thei dooe putte vnderneath it, nere vnto the Trée, thinges like to dishes made of waxe, that is in that countrie blacke, whiche thei doe take out of hiues, that certaine blacke Bees dooe make in the chappynges of the grounde, the whiche I haue seen brought muche of this Waxe to Spaine, and was spente in Torches, and it was forbidden that none of it should bee spent, for the smoke whiche did caste from it, had so euill a smell, that it could not bee suffered. Thei did vse this Waxe in thynges of Medicine, for thereof was made Cereclothes, whiche made verie good effectes, in mitigatyng greef of any colde cause, it dooeth dissolue any maner of swellynges, and dooeth make many other good effectes: of this Waxe the Indians dooe make it like to a spone, and dooe putte it close to the Tree, that it maie receiue the licoure that doeth come out of it, by the place where the cuttynges are that thei make, and from thence thei caste it into those vesselles, and it is needefull that it bee dooen in tyme of greate heate, that the cuttynges maie caste out the licour, and in this tyme likewise, there dooeth soken out of the ioyntes of the saied tree some licour, and it is losse because it is so little, and falleth into the grounde: in the night there commeth for the none.

Blacke waxe

This licour, or Balsamo is verie muche estemed emongest the Indians, and of greate value, and with the greate woorkes whiche therewith is dooen, and of them the Spaniardes hath learned, and by seeyng the greate woorkes

whiche it doeth, thei haue brought it hether, as a thyng of greate estimation, and as suche a thyng thei buye it there for a greate price: and thei haue reason to doo it for one of the beste thynges that haue come from those partes, which hath been brought for Medicine is this Balsamo, whiche doeth seme to be better then that of the newe Spaine, and in it self semeth to haue more vertues.

His couller and maner.

It is of an Aborne coullour, verie nere like to a thyng that is gilte, it is not verie thinne, nor verie thicke, it clyngeth faste where so euer it bee put, and it hath his taste and sauour sweete, and although it bee taken, it maketh not any horrible nesse, as the other Balsomo dooeth: it hath a moste excellent smell, like to Limons, so muche that where so euer it bee, his good smell dooeth giue greate contentemente, and it can not bee hidden, for a little of it smelleth muche: and if you rubbe your hande therewith, there doeth remaine a marueilous smell. His woorkes are excellente and verie greate, for that it is licour whiche is taken out by incision, as thei tooke out in olde tyme the Balsamo in Egipte: and for all those deseases whiche that was good for, this of ours is as good.

The workes and effectes of this Balsamo.

How they do cure with it.

It healeth all freashe woundes, comfortyng the partes, and ioynyng theim without makyng any matter, and without leauyng any signe of theim, there muste bee taken awaie the superfluitie that is in the wounde, of what sorte so euer it bee, and washe it with wine, and ioyne well the lippes and partes thereof, and putte the Balsamo to it, when the coldnesse is out of it, and forthwith a double linnen clothe vppon it, weatte in the same Balsamo, and so bounde that the lippes goe not a sunder, and keepyng dict, and vsyng lettyng of blood if it bee needefull: and not vnbindyng it vntill the fowerth daie, and then thei shall finde the wounde comforted, excepte that there be any accident, whiche dooeth cause that it should bee vndooen before: and when the cause is suche, that it dooeth require to bee cured euery

euery daie, by reteirynge the wette Linnen clothe into the Balsamo it will bee healed, for the vertue of this Balsamo is to cause that there bee no matter engendered in the woundes, in especially this Balsamo doeth profite in woundes, where there hath been cuttynges of bones, takyng them out that hath been diuided one from an other, and not touchyng in the reste, for that the vertue of the Balsamo will caste them out, and hauyng so dooen, will heale the wounde. One of the thynges wherein this Balsamo doeth greatest effectes, is in woundes and ioyntes, and in cuttynges of Senewes, and in all prickes: for in all these kinde of woundes it maketh a marueilous woorke, curyng and preseruyng them from extreame colde, and from runnyng together of senewes, that thei remaine not lame, the woundes whiche dooeth penetrate, are healed with this Balsamo, beeyng mingeled with white Wine, and spoutyng in to them with it, and after three howers take it out againe: this must bee doen in woundes or prickes, once euery daie and that it goe with a moderate heate. Likewise this Balsamo doeth serue to bee put, where hath beene giuen drie blowes, or bruspnges, and for all woorkes of Surgerie, where is no notable inflamation, the whiche beeyng taken awaie with the Medicines, whiche is conuenient for it, the Balsamo maie then bee vsed.

In Deseases that be not of Surgerie.

In euilles whiche bee not of Surgerie this Balsamo doth profite muche in hym that hath the shortnes of breath by taking a fewe droppes in white wine it profiteth much, it taketh awaie the grief of the head being of a colde cause, and a little Plaister beeyng put vpon the grieffe, and wette therewith to the Temples of the head, doth take awaie all runninges by those partes, and in especially the euilles of the eyes, and Reumes that runne to theim, put to the foreparte of the head, and it must be good and hotte, it taketh awaie the paines of it, and doth comforte it, and doth remedie the Palsie. Some that haue beene in a Consumption

haue

haue vsed it, takyng some droppes in the morning, licking it in the Palme of the hande, and they haue felte notable profite. And it doth make cleane the breast very well, it is good to take some droppes with *Aqua vite*, hot, before any maner of colde of a Quarterne Ague, or of a large importunate tertian Ague, annointyng it with ỹ same Balsamo, mengled with Dyle of *Ruda*, to all the Temples of the hed, good and hotte before the cold doth come: If with the Balsamo they doe annoint from the mouthe of the stomacke to the Nauill, it doth comforte the stomacke, it giueth a luste to meate, it helpeth Digestion, it dissolueth Windes, it taketh awaie the paines of the stomacke, and it maketh farre better these effectes, if the halfe of the Balsamo be mingled and the other halfe of Dyle of Spike *Nardi* compounded or simple, and so it is better applied: there is greate experience of it in the Indias, for Swellynges that haue the maner of Dropsies, and with mingelyng it with Dyntemente, diapilatiue of equall partes, and annointyng the Beally therewith chiefly, the parte nere the Lunges, they haue seen therewith greate effectes, it doth dissolue any maner of swelling or hardnes that is in any parte of the body, and beyng put vppon any paine that is of a colde cause, although it bee of a long tyme, it taketh it awaie with bringing it so put vntill it fall of it selfe, the same it doth whersoeuer is any winde. And if it be in the belly or in any parte of the bodie, putting it hot in a Linen Clothe in *Aqua vite* of the beste, well heate, put to the paine, where the griefe of the Stone is, and mengled with Dyle made for the purpose, it maketh a greate woorke, it taketh awaie the paines of the Senowes, beeyng shronke together, and in a verie hotte weather, rubbyng them with it, it desolueth theim. The euill called the *Lamparones* that are open or shutte, it healeth them. Many other effectes this marueilous licour doth, whiche I haue not knowen, these whiche I haue knowen I doe manifest to all the worlde, that they may profite

of so marueilous a Medicine, whiche hath so many vertues as you haue harde, and euerie daie the tyme will discouer other greater.

The ende of the thirde and last Translation.

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